Autumn / Winter Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of wholemeal cereals	Selection of wholemeal cereals	Selection of wholemeal cereals	Selection of wholemeal cereals	Selection of wholemeal cereals
AM Snack:	Children's choice	Children's choice	Children's choice	Children's choice	Children's choice
Lunch starter:	Vegetable sticks with dip	French bread rings with butter	Carrott and cucumber sticks	Cheese and apple slices	Chapati and mango chutney
Lunch main:	Jacket Potatoes with selection of fillings	Creamy garlic & mushroom tagliatelle with broccoli	Vegetable meatball stew	Hearty beef stew with dumplings.	Sweet potato & red lentil curry
PM Snack	Children's choice	Children's choice	Children's choice	Children's choice	Children's choice
Tea Main:	Tuna pasta bake with sweetcorn	Deconstucted chicken fajita with wholemeal wraps & cheese	Home made pizza with sweetcorn	Mushroom stroganoff with rice	Toad in the hole with creamy mash, peas and gravy
Pudding	Lemon and blueberry muffn	Apple and pear crumble with custard	Winter fruit salad	Fresh fruit compote	Natural yoghurt and Berries

We offer a "children's choice" at snack times. Each day children will be given a choice between two snack options, and decide to have them either as AM or PM snack . Vegetarian alternatives are available for each dish prepared. Please note, appropriate adjustments to the menu may occur due to weather or unexpected circumstances.

Please speak to a member of staff if you require any **allergen information** in line with our menus.