

Autumn Menu

Week 1

	Breakfast	Morning Snack	Lunch	Afternoon snack	Tea
Mon	Selection of cereals and toast	Rice cakes & Banana	Mild chilli con-carnie with Rice	Selection of fruit	Crumpets & Cheese Grapes
Tues	Selection of cereals and toast	Selection of fruit	Fish pie & peas peas. Dairy free- Fish, mash and	Carrot & cucumber with dip	Sandwiches and salad
Wed	Selection of cereals and toast	Pear wedges with mild cheddar cheese	Chicken dinner	Selection of fruit	Pasta, cheese & ham
Thurs	Selection of cereals and toast	Selection of fruit	Sausage, Mash & Vegetables	Tomato salsa & bread sticks	Sandwiches and salad
Fri	Selection of cereals and toast	Banana oat bites	Pasta with tomato and hidden veggie sauce	Selection of fruit	Egg muffins with salad