



Yummy Autumn Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Celery with sage, lemon & bean dip	Bircher muesli	Poppadums & mango salsa	Avo & Sourdough cracker	Corn bread
Lunch <i>1st Course</i>	Spanish Meatballs, patatas bravas & seasonal greens	Pumpkin & tomato soup	Sweet potato & dahl pie, cauliflower	Creamy butter bean bowl, giant crispy crouton	Roast ham, tomatoes & rumbledethumps
<i>2nd Course</i>	Spanish cake cookies	Olive bread twist & pepper sticks	Date & seed bites	Sliced melon	Blackberry cranachan
Afternoon snack	Breadsticks	Broccoli bites	Satsuma	Potato skins	Fruit Sticks
Tea <i>1st Course</i>	Baked vegetable rice, boiled eggs & herby yoghurt	Roast chicken, root mash, sprouts, carrots & gravy	Squashed Pizza with salad leaves	Salmon & veggie parcels, peas	Wraps, variety of fillings
<i>2nd Course</i>	Cheddars & grapes	Spiced pear pudding with custard	Plum & raisin ice-cream, cinnamon wafer	Orange & cranberry scones	PYO Pudding



Yummy Autumn Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Apple & oatcake	Buttered wholemeal toast	Rice cakes	Pikelets	Warm chia pot
Lunch <i>1st Course</i>	Puy lentil & mushroom filled Yorkshire pudding, turnip chips	Turkey curry, quinoa & kale	Ginger & chilli tofu, noodles, pak choi	Sweet potato & black bean burger, soft pitta & apple slaw	Chicken & greens pot pie, cherry tomatoes
<i>2nd Course</i>	Grandmas bread pudding	Frozen banana yoghurt	Warm fruit salad	Semolina & fruity jam	Plum & coconut sponge
Afternoon snack	Snack Peppers & cream cheese	Corn wheels	Vanilla Yoghurt	Apples	Grapefruit segments
Tea <i>1st Course</i>	Pea, parsnip & potato cakes with farmhouse beans	Roasted vegetables & squeaky cheese, couscous & rocket	Autumn root vegetable soup	Pork cacciatore, rosemary potatoes & cabbage	Loaded waffles, salad sticks
<i>2nd Course</i>	Garden pears	Oat & berry cookie	Mackerel pate, toast & cucumber	Carrot flapjack	PYO Pudding



Yummy Autumn Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Egg & soldiers	Tomatoes & mozzarella	Toasted marmite muffins	Ryvita cottage cheese	Potato wedges
Lunch <i>1st Course</i>	Cauliflower, cheese & bean bake	Herb & garlic doughballs	Jugged beef, mashed potato & roast celeriac	Turkish lamb & spinach roll, cucumber, yoghurt dip	Bulgar & vegetable soup, leek flatbreads
<i>2nd Course</i>	Pineapple fingers	Haddock & mushroom lasagne, salad	Gingerbread teddy bear	Clementine jelly	Bonfire Muffins
Afternoon snack	Vegetable crisps	Carrot fritters & dip	Energy balls	Popcorn* or grapes (*pre-school only)	Fruit salad
Tea <i>1st Course</i>	Venison & vegetable ragu, jacket potato	Chickpea & coconut stew with rice	Courgette & red bean traybake, buckwheat & spinach	Green lentil & parsnip bake, granary bread	Veggie chilli bowl with cheesy nachos
<i>2nd Course</i>	Chocolate & beetroot brownies	Apple tea loaf	Fruity fromage frais	Stewed apple & figs	PYO Pudding