

Autumn Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereal, toast and fresh fruit will be available				
Morning Snack	Toasted teas cakes	Pitta bread with tzatziki	Pear slices	Crumpets	Crackerbread with dip
Lunch	Baked butternut squash biryani with coconut yoghurt Banana's and custard	Broccoli and Cauliflower gratin with carrot and sultana salad Orange segments with coconut yoghurt	Lamb Tagine with spiced couscous with chickpeas Rice pudding and baked apple puree	Roast chicken with lyonnaise potatoes and broccoli Seasonal fresh fruit	Creamy Fish pie with green beans and seasonal vegetables Melon medley
Afternoon Snack	Oak cakes with hummus and cucumber sticks	Cheese chunks with apple slices	Breadsticks with cream cheese and carrot sticks	Banana slices	Rice cakes with cream cheese and cucumber sticks
Tea	Tuna melts in wholemeal pitta breads with vegetable sticks Seasonal fresh fruit	Red pepper, carrot and lentil soup with crusty wholemeal bread Beetroot chocolate cake	Filled wholemeal tortilla wraps with salad Pineapple slices	Goats cheese and kale egg cups with tomato's and cucumber Fruit crumble	Leek and roasted tomato mac 'N' cheese Blueberry and banana muffin