



AUTUMN AND WINTER MENU

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN NURSERY	Tuna Risotto with Homemade tomato sauce	Beef or Lentil Spaghetti Bolognaise served with Cheese	Moroccan style Lamb or Chickpea stew With Couscous	Roast Chicken or Quorn Potatoes, Peas, Stuffing, Yorkshire pudding and Gravy	Pork or Chinese Veg Chow Main With noodles
MAIN SCHOOL	Tuna Risotto with Homemade Tomato Sauce	Beef or Lentil Spaghetti Bolognaise served with Cheese	Moroccan style Lamb or Chickpea stew With Couscous	Roast Chicken or Quorn Roast Potatoes, Peas, Stuffing, Yorkshire Pudding and Gravy	Pork or Chinese Veg Chow Main With Noodles
STARTER/DESSERT	Natural Yoghurt served with Fruit Puree	Homemade Garlic Bread	Cheese and Cumin Scones	Fresh Melon Slices	Apple and Cinnamon Flapjacks
SNACKS	Pitta bread, Cucumber Sticks with Houmas. Naan Bread and Yoghurt dip, Homemade Scones or Rice cakes				
TEA AND DESSERT	Jacket Potatoes Selection of Cheese, Salad and Baked Beans Fresh Fruit	Butternut Squash and Carrot Soup with Lentils Oat flapjacks	Wraps with salad, Ham, Chicken and Cheese (Nursery: Winter Soup) Selection of Fruit	Savoury Rice with Peas and Sweetcorn And Boiled Egg Scones	Mixed Bean and Lentil Stew with garlic bread Fresh Fruit