



AUTUMN AND WINTER MENU

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN NURSERY	Chicken or Vegetable Korma with Fragrant Basmati Rice	Lamb or Autumn\Winter Veg Hotpot With Mash Potatoes	Macaroni Cheese Served with Broccoli and Cauliflower	Beef or Lentil Hungarian Goulash Served with Spiced Couscous	Breaded Cod or Vegetable Gujons, Potatoes, peas and Homemade Tomato Sauce
MAIN SCHOOL	Chicken or Vegetable Korma with Fragrant Basmati Rice	Lamb or Autumn\Winter veg Hotpot With Mash Potatoes	Macaroni Cheese Served with Broccoli and Cauliflower	Beef or Lentil Hungarian Goulash Served with Spiced Couscous	Breaded Cod or Vegetable Gujons, Potatoes, Peas and Homemade Tomato Sauce
STARTER/DESSERT	Poppadum with Mango Chutney	Oat Crumble Topped Pear With Natural Yoghurt	Garlic and Herb Flat Bread	Cheese and spinach Savoury Scones	Fresh Seasonal Melon
SNACKS	Cucumber sticks, Pitta brad, Naan, Yoghurt Dip, Houmas , Homemade scones or Rice cakes				
TEA AND DESSERT	Wraps, salad, Cheese and Ham/Chicken slices (Nursery: vegetable Soup)	Cheese and Tomato Quiche With Peas/Sweetcorn Homemade Scones	Farmhouse Kitchen Soup With Root Vegetables Fruit selection	Jambalaya inspired Vegetable rice with homemade tomato sauce Yoghurt and pear puree	Deep pan Pizza With Sweetcorn and Salad Fresh Fruit