

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	A SELECTION OF CEREALS, TOASTS AND PORRIDGE	A SELECTION OF CEREALS, TOASTS AND PORRIDGE	A SELECTION OF CEREALS, TOASTS AND PORRIDGE	A SELECTION OF CEREALS, TOASTS AND PORRIDGE	A SELECTION OF CEREALS, TOASTS AND PORRIDGE
<b>MORNING SNACK</b>	Crumpets served with a selection of spreads	Mango Slices with Pink Grapefruit	Ryvita and Red Pepper Hummus	Breadsticks	Bananas
<b>LUNCH</b>	Mexican Chicken or Vegan Chilli served with Tortilla Chips and steamed Rice	Chunky Winter vegetable Casserole served with Creamy Mash, Garden Peas and Cabbage	Traditional Beef or Vegan Bolognese served with Garden salad and Spaghetti	Margherita Pizza Parmentier Potatoes Cucumber Slices	Red Thai Chicken or Vegan Curry served with Coconut Rice Green Beans
<b>DESSERT</b>	Jam and Coconut Sponge served with Custard OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOUGHURT	Fruity Strawberry Jelly OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOUGHURT	SEASONAL FRUIT SALAD SERVED WITH NATURAL YOUGHURT	Sprinkle Cake OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOUGHURT	Sweet Scones OR SEASONAL FRUIT SALAD SERVED WITH NATURAL YOUGHURT
<b>AFTERNOON SNACK</b>	Crackers served with Cheese Spread and Cucumber	Flatbreads served with Chicken, Cheese and Avocado	Vegetable Sticks	Corn Cobs	Boiled Eggs and Tomatoes
<b>TEA</b>	Roasted Vegetable Couscous	Sandwich Selection served with Tomato and Cucumber	Sweetcorn and Spinach Fritters served with Aioli and Pepper sticks	Carrot and Butternut Squash Soup served with wholemeal bread	Vegetarian Quiche served with mixed Salad

ALL DIETARY NEEDS ARE TAKEN INTO CONSIDERATION AND ALTERNATIVES PROVIDED.

FRESH SEASONAL FRUIT AVAILABLE THROUGHOUT THE DAY

Week Commencing:

13<sup>th</sup> Sept

11<sup>th</sup> Oct

8<sup>th</sup> Nov

6<sup>th</sup> Dec

