

## Autumn Menu 2024 - Week 1

Menu	Breakfast	Morning Snack	Children's Menu – Lunch	Vegetarian Option	Pudding	Mid Afternoon Snack	Children's Menu – Tea	Vegetarian Option
<b>Week 1</b>								
<b>Monday</b>	<p>Choice of cereals with a selection of fruit.</p> <p>All served with either Cow's Milk or a dietary option</p>	<p>Free flow snack will operate between 9.30am and 10.00am within all the rooms. This will be fruit, vegetable crudities and/or breadsticks</p>	Vegetable savoury rice	Same as lunch main	Greek yoghurt with fruit compote	<p>Free flow snack will operate between 2.30pm and 3.00pm within all the rooms. This will be fruit, vegetable crudities and/or breadsticks</p>	Jacket potato Cheese and baked beans	Same as tea menu
<b>Tuesday</b>			Roast chicken breast, potatoes and seasonal veg	Quorn chicken Potatoes and seasonal veg	Seasonal fresh fruit salad		Vegetable muffins	Same as tea menu
<b>Wednesday</b>			Sausage hotpot	Quorn meat option	Banana flapjack		Selection of savoury sandwiches Tuna, ham or Cheese	Cheese sandwiches
<b>Thursday</b>			Macaroni Cheese	Same as lunch main	Chocolate and beetroot cake		Muffin pizza with vegetable toppings	Same as tea menu
<b>Friday</b>			Salmon (or white fish) and broccoli bake, baby potatoes and green beans	Broccoli bake with baby potatoes and green beans	Shortbread		Tomato pasta (hot or cold)	Same as tea menu

\*For Lunch & Tea - Please see the daily menu for details of meals provided, fruit is served after lunch and all dietary needs are catered for and alternative ingredients will be used to ensure these needs are met. However, children will still be served a dish that is similar in appearance to the main children's menu. All children are offered a drink of fresh water at lunchtime in an age appropriate cup.

\*\*Menu for 9 months +