

# Autumn Winter Menu - Week 2



	Breakfast	Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Cereals & Toast	Healthy Snack	Salmon Risotto with Peas oaty apple crumble & custard	Fruit	Sandwiches and Carrot Sticks dried apricots & apple slices
Tuesday	Cereals & Toast	Healthy Snack	Turkey Meatballs & Penne Pasta fromage frais	Fruit	Mini Vegetable Egg Parcels & Salad Berry Muffin
Wednesday	Cereals & Toast	Healthy Snack	White Fish Goujons, Sweet Potato Mash & Broccoli fruit salad	Fruit	Winter Vegetable Soup & Roll Fromage Frais
Thursday	Cereals & Toast	Healthy Snack	Lamb Tagine & Cous Cous Flapjack	Fruit	Pitta Bread, Cheese & Salad Selection of Fruit
Friday	Cereals & Toast	Healthy Snack	Chicken & Vegetable Pasta Bake Rice Pudding	Fruit	Jacket Potato & Baked Beans Natural Yoghurt and Banana