



## Autumn Menu 2025

Dietary requirements catered for and menu adapted where necessary

### **Lunch week 1:**

- Monday-Main: Jacket potato with beans and cheese  
Pudding: Vanilla yoghurt
- Tuesday- Main: Chicken and sweetcorn homemade pizzas with potato salad and peppers with houmous dip  
Pudding: Banana and custard
- Wednesday- Main: Macaroni cheese with baby corn and tomatoes  
Pudding: Peaches and single cream
- Thursday- Main: Chicken goujons, baby potatoes with carrots and broccoli  
Pudding: Greek yoghurt and fresh strawberries
- Friday- Main: Tomato pasta, sweetcorn, crusty roll  
Pudding: Watermelon Slices

### **Lunch week 2:**

- Monday- Main: Spaghetti bolognese with garlic bread  
Pudding: Fruit yoghurt
- Tuesday- Main: Fish cakes, potato wedges peas & sweetcorn  
Pudding: Greek yoghurt and fresh strawberries
- Wednesday- Main: Vegetable lasagna with garlic flat bread  
Pudding: Melon medley
- Thursday- Main: Sausages, roast potatoes with Yorkshire pudding, green beans, carrots and peas  
Pudding: Fromage frais
- Friday- Main: Jacket potato with ham and cheese, cucumber and tomato salad  
Pudding: Strawberries and melon

### **Lunch week 3:**

- Monday- Main: Creamy salmon pasta, fine beans and garlic slices  
Pudding: Fromage frais
- Tuesday- Main: Chicken and sweet potato curry with rice  
Pudding: Swiss roll and custard
- Wednesday- Main: Sausages, homemade wedges and vegetables  
Pudding: Watermelon Slices
- Thursday- Main: Tomato and mascarpone pasta bake  
Pudding: Greek yoghurt with Strawberries
- Friday- Main: Jacket potato with tuna mayo, sweetcorn and spinach salad  
Pudding: Honeydew melon chunks

Served as a 'High Tea' style teatime as a traditional English experience for your little ones, adapted for individual needs and under 1 year olds

**Tea week 1:**

Monday: Marmite or jam sandwiches with crumpets and a side of tomatoes and cucumber

Tuesday: Courgette and cheddar muffins with malt loaf and a side of olives and cheese chunks

Wednesday: Cheese and marmite pastry pinwheels with plain scones and a side of dried apricots and iceberg

Thursday: Ham or soft cheese sandwiches with English muffins and a side of cucumber and raisins

Friday: Cheese or chicken wraps with fruit loaf and a side of peppers and tomato

**Tea week 2:**

Monday: Honey or ham sandwiches with fruit scones and a side of tomato and cucumber

Tuesday: Chicken or cheese pittas with crumpets and a side of olives and apricots

Wednesday: Bagels with soft cheese or marmite, malt loaf and a side of cheese chunks and iceberg

Thursday: Sausage rolls with fruit loaf and a side of cucumber and raisins

Friday: Jam or Salami sandwiches with English muffins and a side of peppers and tomatoes

**Tea week 3:**

Monday: Soft cheese or marmite sandwiches with fruit loaf and a side of tomatoes and cucumber

Tuesday: Puff pastry pizza with crumpets and a side of olives and raisins

Wednesday: Homemade cheese straws with English muffins and a side of dried apricots and iceberg

Thursday: Jam or ham sandwiches with malt loaf and a side of cucumber and raisins

Friday: Carrot and cheddar muffins with plain scones and a side of peppers and tomatoes

All teas are served with a second course of fruit or yoghurt

Extra sides of raisins, apricots, cucumber, olives, tomatoes, peppers, Organix crisps, banana slices, grated carrot, iceberg lettuce, grated cheese, apple slices, boiled eggs may be offered also

Breakfast-served until 8.30am (Booking required)

A selection of low/no sugar cereals, brioche, croissants and fruit bowl available every day

Snacks

Morning- Toast and Selection of fruit

Afternoon- Crackers, breadsticks, melba toast and fruit or vegetable crudités with a dip of houmous, tzatziki or salsa

A 189ml serving of cow's milk is available for every child every day along with tap water accessible to the children throughout the day and offered every snack/mealtime and after activities

Oat milk can be offered as a dairy alternative if requested.

