

ON THE MENU

13th October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal & Toast Baked Beans	Cereal & Toast American Pancakes with Banana	Scrambled Eggs & Whole meal Toast	Cereal & Toast Porridge & Berries	Cereal & Toast Sausage Pattie Baguette
MAIN MEAL	Vietnamese Sticky Pork Soy Fried Noodles Prawn Crackers	Rich Steak and Onion Pie Buttered Mash Gravy	Pasta Bar Carbonara Arrabiata Garlic Bread	Chicken Tikka Masala Braised Rice Poppadom	Pepperoni Pizza Margherita Pizza French Fries
MAIN MEAL	Vietnamese Sticky Quorn	Butternut Squash, Leek and Mushroom Pie		Vegetable Dansak Mint Raita & Mango Chutney	
SIMPLE CHOICE	Jacket Potato Beans & Cheese	Wholewheat Pasta in Tomato & Cream Sauce	Jacket Potato Tuna & Cheese	Wholewheat Pesto Pasta	Salmon and Dill Fishcake
SIDES	Stir Fry Asian Greens Roasted Corn	Honey Parsnip Carrots	Steamed Broccoli Sweetcorn	Rosted Cauliflower Green Beans	Baked Beans Peas
DESSERT	No Sugar Carrot Cake	Yoghurt & Fresh Fruit	Jelly & Yoghurt	Apple Crumble Custard	Yoghurt & Fresh Fruit
LITTLE TEA	Vegetable Sticks, Hummus & Pitta	Reduce Sugar Cookie	Cheese & Crackers	Fresh Fruit Platter	Cream Cheese & Cucumber pinwheels