

Autumn Menu 4

Autumn	Monday (W4) 5 A Day	Tuesday (W4) 5 A Day	Wednesday (W4) 5 A Day	Thursday (W4) 5 A Day	Friday (W4) 5 A Day
Variety and Rainbow Fruits & Vegetables	Apples, Blackberries, Damsons, Elderberries, Pears, Plums, Peaches, Oranges, Bananas, Lemon, Grapes, Mango	Apples, Blackberries, Damsons, Elderberries, Pears, Plums, Peaches, Oranges, Bananas, Lemon, Grapes, Mango	Apples, Blackberries, Damsons, Elderberries, Pears, Plums, Peaches, Oranges, Bananas, Lemon, Grapes, Mango	Apples, Blackberries, Damsons, Elderberries, Pears, Plums, Peaches, Oranges, Bananas, Lemon, Grapes, Mango	Apples, Blackberries, Damsons, Elderberries, Pears, Plums, Peaches, Oranges, Bananas, Lemon, Grapes, Mango
Breakfast	Porridge with Prunes (dried) Whole Milk/Water	Muesli with Apricots (dried) Whole Milk/Water	Shredded wholewheat with canned plum (canned in juice) Whole Milk/Water	Weetabix with raisins Whole Milk/Water	Half croissant with plain oats Whole Milk/Water
Mid-Morning Snack	Plain popcorn with 1x apple Whole Milk Yogurt/Water	Tabbouleh with halved cherry tomatoes Water/ Whole Milk	Celery and yellow pepper sticks with Hummus Water/ Whole Milk	Fromage frais with Pineapple (canned in juice) Water/ Whole Milk	Fruit scone & sliced cucumber Water/ Whole Milk
Lunch	Chicken with courgettes, mixed peppers, mushrooms served with wholewheat/white mixed pasta Veg – Quorn strips and roasted pepper wrap with lettuce Apple and carrot wholemeal muffins Water/milk	Fish & leek crumble with coriander & herb couscous Veg- Soya mince bolognaise, spaghetti and boiled broccoli Rice pudding with compote Water/milk	Lentil and spinach (or vegetable) curry with bulgarwheat and 3 bean salad Fruit rock cake slice Water/milk	Tomato & basil lamb roast with roasted seasonal vegetable and a portion of a baguette Veg – Red lentil and tomato soup (with a bread roll or baguette) Mandarin jelly Water/milk	Chickpea casserole with toasted pitta strips (serve with side salad) Courgette, lime bread loaf slice Water/milk
Mid Afternoon Snack	Cream crackers with baked beans Water/milk	Plain Breadsticks, beetroot & sour cream dip with grapes Water/Milk	Toasted crumpet with sliced apple Water/Milk	Homemade Fruit muffin with melon wedges Water/Milk	Oat cakes, served with houmous & sliced banana Water/Milk
'Light' Afternoon Tea	Savoury omelette and mixed salad Veg- Mixed bean & chickpea salad Water/milk/calcium fortified yogurt	Mexican bean tortillas with crème fraiche and salad Water/milk/calcium fortified yogurt	Leek and potato soup (add some pumpkin seeds) with pitta fingers Water/milk/calcium fortified yogurt	Homemade fresh Fish pie Veg- Bean and vegetable enchiladas Water/milk/calcium fortified yogurt	Carrot and pumpkin soup with wholemeal bread triangles And Plain yogurt with fruits Water/milk/calcium fortified yogurt