

Autumn Menu
September, October and November

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Rice cakes and apple slices	Crackers with cheese spread and pear slices	Breadsticks and cucumber batons	Melba toast and melon slices	Oat cake and pineapple cubes
Main	Vegetable goulash with pasta and French beans	Turkey and vegetable Casserole, herby roast potatoes and red cabbage	Salmon, white fish and spinach pie with sweet potato topping with peas and cauliflower	Spaghetti carbonara with sweetcorn	Chilli con carne with rice
Dessert	Bread and butter pudding with custard	Rice pudding with jam	Natural yogurt and stewed apple and plums	Fresh fruit salad	Fruit yogurt
Afternoon Snack	Breadsticks and pineapple cubes	Buttered fruit loaf with melon	Rice cakes and carrot sticks/grated	Oatcake with apple slices	Cracker with cheese spread and orange segments
Tea	Sausagemeat and red onion pastry topped pie with mash potato	Chicken fricassee on a bed of rice	Carrot and coriander soup with bread and butter fingers	Cottage pie and broccoli	Tuna pasta bake and salad
Dessert	Warm spiced fruit salad	Peaches with mixed berry sauce	Fruit crumble and cream	Semolina topped with dried apricots	Gingercake and custard

