

Autumn Menu
September, October and November

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Bread sticks and orange segments	Oat cakes and slices of peppers	Melba toasts with apple and melon slices	Ginger biscuit and apple slices	Crackers with carrot sticks/grated
Main	Chickpea and vegetable curry with rice, naan bread and tomato and coriander salad	Pork and apple casserole with new potatoes and peas	Spanish chicken with roasted Mediterranean vegetable and couscous	Shepherd's pie, cabbage and cauliflower	Fish and parsley sauce pie with mixed potato topping peas and carrots
Dessert	Traditional trifle	Natural yogurt and stewed fruit	Warmed fresh fruit salad	Homemade rice pudding with sultanas	Rhubarb cobbler with cream
Afternoon Snack	Multigrain cracker with soft cheese and cherry tomatoes	Rice cake with apple quarters	Fruit loaf with slices of pear	Breadsticks with cucumber batons	Oatcake with melon slices
Tea	Jacket potatoes with beans and coleslaw	Macaroni cheese with grilled tomatoes	Beef and vegetable enchiladas	Salmon and broccoli pasta bake with sweetcorn	Homemade autumn vegetable soup and bread and butter
Dessert	Warmed fresh fruit salad and evaporated milk	Apple and blackberry pie with custard	Semolina pudding and mandarins	Fruit yogurt	Ice cream with fruit coulis