

**Autumn Menu**  
**September, October and November**

**Week 3**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b>	Fruit loaf with Pineapple cubes	Rice cake and apple Quarters	Breadsticks with cheese dip and pineapple chunks	Ginger biscuit with carrot sticks/grated	Oatcake and satsumas
<b>Main</b>	Chorizo and butter bean casserole with garlic bread	Chicken and mushroom casserole with herby roast potatoes, broccoli and savoy cabbage	Mixed bean and root vegetable stew with rice	Seafood pie with mashed potato, peas and sweet corn.	Spaghetti bolognaise with crunchy rainbow salad
<b>Dessert</b>	Semolina with forest fruits compote	Pear and ginger pastry topped pie with ice-cream	Warmed fruit salad and evaporated milk	Peaches and natural yogurt	Pineapple upside down cake and custard
<b>Afternoon Snack</b>	Rice cake with pear slices	Oat cake with cucumber circles	Butter cracker with apple slices	Breadstick with pineapple	Multigrain cracker with celery
<b>Tea</b>	Super-green macaroni cheese	Tuna melt pizza slices with a mixed salad	Creamy butternut squash and sweet potato soup with rolls	Bean and vegetable enchilada served with a sour cream	Potato wedges with cheesy baked beans
<b>Dessert</b>	Fresh fruit salad with cranberry juice	Fruit compote and cream	Mandarines and chocolate custard	Rice pudding with sultanas	Fruit yogurt