

Autumn Menu

VEGETERIAN/VEGAN OPTIONS SERVED. ALL DIETARY REQUIREMENTS ARE TAILORED TO.

WEEK 1	SNACK	LUNCH	SNACK	TEA
MONDAY	Toast w/ cream cheese	Chickpea curry	An option of either : Smoothie Dried Fruits Crackers	Couscous w/ zucchini & peppers
TUESDAY	Blueberry pancakes	Spinach pesto pasta	An option of either : Smoothie Dried Fruits Crackers	Sweet potato wedges w/ chive dip
WEDNESDAY	Yogurt w/ mixed berry compote	Chicken Leek Mushroom Pie	An option of either : Smoothie Dried Fruits Crackers	Butternut Squash soup w/ chunky croutons
THURSDAY	Coconut raisin flapjacks	Jacket potatoes w/ tuna and beans	An option of either : Smoothie Dried Fruits Crackers	Egg, broccoli and tomato muffins
FRIDAY	Stewed apples w/ cinnamon and oats	Homemade Fish fingers w/ cheesy cauliflower and Leek	An option of either : Smoothie Dried Fruits Crackers	Hummus w/ carrot & cucumber sticks

All meals are cooked **HOMEMADE** and served with fresh fruit or veg sticks

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