

Menu: Autumn/Winter Week 1

Week: January 2014 - Week 3

Days: 20th January to 26th January

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Morning Snack

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Plain scone with clover & banana Milk or water	Toasted muffin with clover & orange segments Milk or water	Crackers & cream cheese Milk or water	Breadsticks & cheese dip with grapes Milk or water	Wholemeal toast & marmite Milk or water		

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lamb & veg casserole (carrot, swede, turnip & onion) with mashed potato Banana & raisin flapjack Blackcurrant juice	Cheese & tomato pizza Homemade actifry chips Baked beans Banana & strawberry angel delight Orange juice	Chicken breast fillet with homemade veg sauce (tomato, courgette, onion, cauliflower) New potatoes Broccoli Carrots Stewed apple & apricot with custard Blackcurrant juice	Fresh tuna, sweetcorn & broccoli pasta in a cheese sauce Banana & fruit yoghurt Orange juice	Beef lasagne & crusty bread Rice pudding & sultanas Blackcurrant juice		

Afternoon Snack

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breadsticks with grapes Milk or water	Toasted teacake with clover & banana Milk or water	Homemade potato wedges with grated cheese Milk or water	Wholemeal toast & marmite Milk or water	Oatcake & satsuma Milk or water		

Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dairylea cheese in a homemade white bread roll Banana & Fruit yoghurt Blackcurrant juice	Cheese on wholemeal toast with marmite Grapes & Fruit yoghurt Orange juice Cranberries	Ham & pickle sandwich Pear & Fruit yoghurt Blackcurrant juice	Baked beans on hot potato cakes Apple & Fruit yoghurt Orange juice	Soft boiled egg & wholemeal toast soldiers Banana & Fruit yoghurt Blackcurrant juice		