

Autumn Menus

Wobblers, Toddler & Preschool Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Choice of Cereals	Choice of Cereals	Choice of Cereals	Choice of Cereals	Choice of Cereals
MORNING SNACK	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad
DINNER	Tuna Bolognaise	Chicken, Broccoli and Potato Bake	Shepherd's Pie	Chicken Chasseur with White Rice	Beef Lasagne
TEA	Chicken, Tomato & cheese toasties	Scrambled Egg & Toast	Vegetable Soup with Cheese Sandwich	Fish Goujons and Vegetable Sticks	Turkey & Salad Sandwiches
EVENING SNACK	Yogurt & Apple slices	Fruity Scones	Rice Cakes with Ham	Cheese & Tomato Crackers	Apple Rice Pudding
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Choice of Cereals	Choice of Cereals	Choice of Cereals	Choice of Cereals	Choice of Cereals
MORNING SNACK	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad
DINNER	Vegetable Lentil Bake	Sweet and Sour Chicken with Saffron Rice	Pasta with Beef and Tomato Salsa	Pork with Mushroom Sauce and Potato	Sweet Chilli Chicken with Cous Cous
TEA	Turkey Melts	Minestrone Soup and Brown bread	Salmon & Potato Fish Cakes	Chicken Sandwich & Carrot Sticks	Crackers with Tuna, Cheese and Tomato
EVENING SNACK	Yogurt & Melon Wedges	Hummous & Crackers	Rice Cakes with Cherry Tomatoes & Cheese Spread	Mixed Berries with Custard	Milky Pudding with Stewed Fruit
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Choice of Cereals	Choice of Cereals	Choice of Cereals	Choice of Cereals	Choice of Cereals
MORNING SNACK	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad
DINNER	Pasta with Tuna, Vegetables and Cheese Sauce	Beef Risotto	Savoury Mince, Peas and Potato	Pork Casserole	Mild Chicken Curry
TEA	Tomato Bread with Chicken & Cheese	Cheesy Omelette	Tomato Bread With Ham and Cream Cheese	Beans on Toast	Tuna Pepper Toasties
EVENING SNACK	Yogurt & Orange Slices	Stewed Apple & Yogurt	Banana Slices	Crackers, Cheese & Grapes	Pear & Yogurt
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Choice of Cereals	Choice of Cereals	Choice of Cereals	Choice of Cereals	Choice of Cereals
MORNING SNACK	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad
DINNER	Macaroni Cheese & Spinach	Chicken Madras with peppers and rice	Beef Stroganoff	Roast Chicken Dinner	Ham and Potato Pie
TEA	Chicken & Potato Soup	Savoury Pancakes	Carrot and Coriander Soup with Brown Bread	Cheesy Vegetable Bake	Creamy Tomato Soup with Brown Bread
EVENING SNACK	Rice Cakes with Banana	Hummous, Crackers & Vegetable Sticks	Rice Cakes with Cheese spread	Stewed Peaches & Custard	Assorted Yogurts & Apple Slices

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