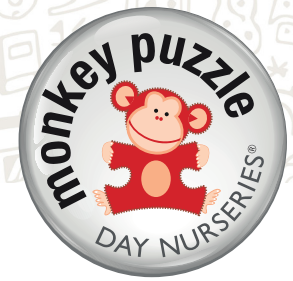


# AUTUMN AND WINTER

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch</b>	Pasta carbonara with bacon and mixed vegetables  Yoghurt	Mild chicken curry with rice and peas  Jelly	Sausage and mash with peas and sweetcorn  Rice pudding with fruit coulis	Macaroni cheese with cabbage  Fruit crumble and custard	Baked fish with white sauce, and new potatoes with carrots and broccoli  Yoghurt
	Mixed sandwiches with salad  Fresh fruit	Quiche with salad  Fresh fruit	Roasted vegetable soup of the day with bread rolls  Fresh fruit	Tuna and sweetcorn salad with buttered bread  Fresh fruit	Croissants with cheese and salad  Fresh fruit

**Please note: Mid-morning snacks consist of carrot and cucumber sticks, breadsticks, humus, and fresh seasonal fruit. Mid-afternoon snacks consist of breadsticks, crackers, rice cakes, and a variety of dried fruits.**

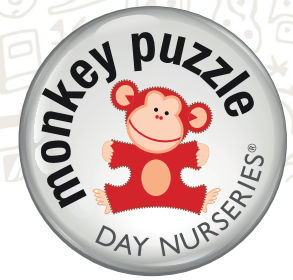


# AUTUMN AND WINTER

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch</b>	Jacket potato with cheese and beans	Mild chilli con carne with rice and peas	Sausage and mash with peas and sweetcorn	Spaghetti bolognaise	Chicken pasta bake with broccoli
	Yoghurt	Ice-cream with fresh pineapple	Rice pudding with fruit coulis	Home-made carrot cake	Yoghurt
<b>Tea</b>	Tuna and sweetcorn salad with buttered bread	Mixed sandwiches with salad	Soup of the day with bread	Muffins with cheese and salad	Pizza with salad
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit

**Please note: Mid-morning snacks consist of carrot and cucumber sticks, breadsticks, humus, and fresh seasonal fruit. Mid-afternoon snacks consist of breadsticks, crackers, rice cakes, and a variety of dried fruits.**

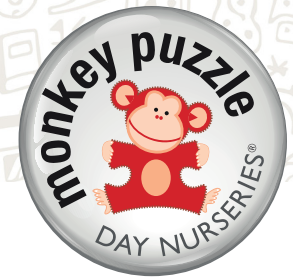
# AUTUMN AND WINTER



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch</b>	Cauliflower & broccoli cheese bake with mashed potatoes	Lasagne with salad	Italian chicken with mixed vegetables and pasta	Meatballs with rice, carrots and broccoli	Fisherman's pie with mixed vegetables
	Rice pudding with cinnamon	Fruit jelly	Yoghurt	Home-made Dorset apple cake	Yoghurt
<b>Tea</b>	Mixed sandwiches with salad	Vegetable soup of the day with bread	Vegetarian quiche with salad	Cheese with croissants and salad	Home- made cheese muffins with salad
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit

**Please note: Mid-morning snacks consist of carrot and cucumber sticks, breadsticks, humus, and fresh seasonal fruit.  
Mid-afternoon snacks consist of breadsticks, crackers, rice cakes, and a variety of dried fruits.**

# AUTUMN AND WINTER



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch</b>	Vegetable pasta bake	Chicken stew with mashed potatoes	Moroccan lamb with couscous and vegetables	Egg fried rice with sweet and sour chicken, and peas	Home-made fish bites and oven baked potato wedges with vegetables
	Home-made treacle sponge with custard	Jelly	Rice pudding with fruit coulis	Fresh fruit salad	Yoghurt
<b>Tea</b>	Tuna and sweetcorn salad with buttered bread	Pizza with salad	Spanish omelette with peppers and potatoes	Crumpets with cheese and salad	Soup of the day with bread
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit

**Please note: Mid-morning snacks consist of carrot and cucumber sticks, breadsticks, humus, and fresh seasonal fruit. Mid-afternoon snacks consist of breadsticks, crackers, rice cakes, and a variety of dried fruits.**