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| http://birdhouseandhabitat.net/wp-content/uploads/2016/09/Black-Capped-Chickadee.jpg  **Autumn Term** **- Week 1** | | | |  | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast | Cereal and toast  Milk/Wheat | Cereal and toast  Milk/Wheat | Cereal and toast  Milk/Wheat | Cereal and toast  Milk/Wheat | Cereal and toast  Milk/Wheat |
| Lunch | Chicken Supreme, Rice and Sweetcorn  Milk  *Quorn Supreme* | Cottage Pie  Carrots  *Soya Cottage Pie* | Pork Meatballs, Spaghetti  Peas  Gluten  *Meat free Swedish Meatballs* | Minestrone Fusilli Bake  Garlic Bread  Milk/Gluten | Fish Fingers, Spaghetti Hoops  Mashed Potato  Fish/Gluten  *Vegetable Fingers* |
| Pudding | Fromage Frais  Milk | Chocolate Brownlie  Milk/Gluten/Egg | Apple and Raspberry Muffins  Milk/Gluten | Coconut and Banana Cake  Wheat/Egg | Vanilla Yoghurt  Milk |
| Tea | Baked Beans on Toast  Grated Cheese  Milk/Gluten | Assorted Tortilla Wraps  Rainbow Salad  Wheat | Crumpets with butter/marmite Cheese cubes  Milk/Wheat | *Vegetable/*Sausage Sandwiches  Cucumber  *Wheat* | Macaroni Cheese  Dairy/Wheat |
| Babies Tea | Baked Beans on Toast  Grated Cheese  Milk/Wheat/Soya | Homity Pie  Milk | Crumpets with butter/marmite Cheese cubes  Milk/Wheat | *Vegetable/*Sausage Sandwiches  Cucumber  *Wheat* | Macaroni Cheese  Dairy/Wheat |

A choice of seasonal fruits or a savoury biscuit/cracker are offered at both Morning and Afternoon Snack. Served with Milk or Water.

Allergens – All children with allergies are catered for individually, according to their dietary requirements or preferences

*Vegetarian option*

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| See the source image  **Autumn Term - Week 2** | | | |  | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast | Cereal and toast  Milk/Wheat | Cereal and toast  Milk/Wheat | Cereal and toast  Milk/Wheat | Cereal and toast  Milk/Wheat | Cereal and toast  Milk/Wheat |
| Lunch | Fisherman’s Pie  Broccoli  Fish  *Cheese and Onion Pie - Dairy* | Roast Gammon with Pineapple Creamed Potato  Sweetcorn  *Meat Free Gammon Rasher* | Chicken Jambalaya  Petit Pois with Garlic Bread  Wheat/Dairy  *Quorn Jambalaya* | Sausage and Bean Hotpot  Mixed Vegetable  Milk/Gluten  *Vegetable Sausage Hotpot* | Chilli-con-Carne  White Rice and Carrots  Fish/Gluten  *Soya Mince Chilli* |
| Pudding | Fruit Pots  Dairy | Poached Pears in Custard  Milk/Gluten/Egg | Coconut and Jam Sponge  Dairy/Wheat/Egg | White Choc and  Apricot Cake  Dairy/Wheat/Egg | Strawberry Mousse  Milk |
| Tea | Vegetable Pasta Bake  Wheat | Tomato Soup  Croutons  Wheat/Dairy | Homemade Pizza with various toppings and dips  Wheat/Dairy | Assorted Sandwich Platter  Cucumber and Mixed Peppers  *Wheat* | Spaghetti hoops  on Toast  Wheat |
| Babies Tea | Vegetable Pasta Bake  Wheat | Homity Pie  Dairy | Cottage Pie | Egg muffins  Wholemeal Bread  *Wheat/Egg* | Spaghetti hoops  on Toast  Wheat |

A choice of seasonal fruits or a savoury biscuit/cracker are offered at both Morning and Afternoon Snack. Served with Milk or Water.

Allergens – All children with allergies are catered for individually, according to their dietary requirements or preferences

*Vegetarian option*



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| http://images4.fanpop.com/image/photos/22100000/Winter-trees-winter-22173916-1600-1200.jpg  **Autumn Term – Week 3** | | | |  | |
| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast | Cereal and toast  Milk/Wheat | Cereal and toast  Milk/Wheat | Cereal and toast  Milk/Wheat | Cereal and toast  Milk/Wheat | Cereal and toast  Milk/Wheat |
| Lunch | Vegetable Bolognaise  Garlic Bread  Wheat, Dairy | Pork Mince Hotpot  Carrots  *Soya Mince Hotpot* | Cod Goujons, Mash  Baked Beans  Gluten  *Vegetable Goujons* | Beef Lasagne  Runner Beans  Milk/Gluten  *Vegetable Lasagne* | Chicken Curry, Rice  Mixed vegetables  Fish/Gluten  *Quorn curry* |
| Pudding | Fromage Frais  Dairy | Banana and Custard  Milk | Carrot Cake  Wheat/Egg | Fruity Flapjack  Wheat/Egg | Syrup Sponge and Custard  Milk |
| Tea | Ham and cheese melted Tortilla  Cherry tomato  Dairy/Wheat | Muffin Pizza  Cucumber Slices  Wheat | Vegetable/Sausage Sandwich  Tomato dip  Milk/Wheat | *Cheese and Tomato Swirls*  *Spaghetti Hoops*  Dairy/Wheat | Butternut Squash Soup  Wholemeal Bread and Butter Dairy/Wheat |
| Babies Tea | Cod and Sweet Potato Mash  Milk/Wheat/Soya | Chicken and  *Mixed Bean Risotto* | *Vegetable/Sausage* Sandwich  Tomato dip  Wheat | *Cheese and Tomato Swirls*  *Spaghetti Hoops*  Dairy/Wheat | Butternut Squash Soup  Wholemeal Bread and Butter Dairy/Wheat |

A choice of seasonal fruits or a savoury biscuit/cracker are offered at both Morning and Afternoon Snack. Served with Milk or Water.

Allergens – All children with allergies are catered for individually, according to their dietary requirements or preferences

*Vegetarian option*