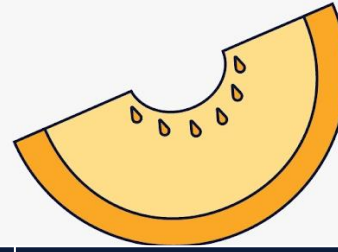


Autumn menu



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w/c 6th Oct	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<u>Pear porridge and fresh fruit</u>	<u>Butternut squash and broccoli loaf</u>	Strawberry and coconut porridge	<u>Scrambled egg and avocado on wholemeal tortillas</u>	Overnight oats with fruit compote and greek yoghurt
Snack AM	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	<u>Roasted pumpkin pasta</u>	<u>Carrot, leek and thyme pie with chicken or beans and spring greens*</u>	<u>Cauliflower and broccoli macaroni cheese</u>	<u>Sweet potato massaman curry</u>	<u>Harissa cod with couscous and peppers*</u>
Pudding	<u>Seeded coconut porridge with cherry compote</u>	Fresh fruit	<u>Apricot and vanilla compote with homemade granola and yoghurt</u>	Fresh fruit	<u>Pumpkin loaf</u>
Snack PM	Baba Ganoush with flatbread	Tzatziki with cucumber sticks	<u>Red pepper hummus with flatbread</u>	Creamy salsa verde dip with oatcakes	<u>Roasted onion & chickpea dip with flatbreads</u>
Dinner	<u>Baked potatoes with chana masala, raita dip</u>	<u>Mexican bean soup with warm tortillas</u>	<u>Salmon & bulgur bowl with light vegetable medley*</u>	<u>Roasted pumpkin soup</u>	Homemade sage and onion pastry roll with pea and kale and homemade tomato sauce
Pudding	Fresh fruit	Fresh fruit & yoghurt	Fresh fruit	Fresh fruit and Greek yoghurt	Fresh fruit

Food allergies and intolerances

Please speak to our team about the ingredients in the meals provided.

*Vegetarian option available