



## Week 3 - Autumn 2024



| W3  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|---|--|--|--|---|
| Breakfast   | Monday to Friday: Selection of cereals including Weetabix, Cornflakes, Rice Krispies and toast with fresh fruit<br>Tuesday and Thursday: Porridge |  |  |  |   |
| Lunch   | Cauliflower macaroni cheese   | Crispy teriyaki tofu and vegetable noodle stir fry           | Mixed peppers, onion and tomato frittata   | Vegetable egg fried rice   | Quorn sausages with seasoned potato wedges                        |
| Served with   | Garden peas and corn on the cob   | Steamed baby corn and mangetout                              | New potatoes, garlic ciabatta bread and green beans  | Steamed carrots and broccoli   | Baked beans and garden peas                                       |
| Low sugar dessert   | Greek yogurt with banana slices   | Strawberry and banana smoothie                               | Melon medley   | Mixed berries and natural yoghurt  | Fruit salad   |
| Afternoon tea - all dishes are served with a selection of fresh fruit | Vegetable skewers with pitta bread and tzatziki dip   | Grilled cheese toasties with baked beans and corn on the cob | Mediterranean roasted vegetable and lentil bulgar wheat served with Greek yoghurt with steamed carrot batons | Assorted sandwiches, crudités and houmous (Egg mayo, cheese and cream cheese sandwiches) | Homemade green pesto pasta and grated cheese and steamed crudites |