

September to December 2016

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 | Day 9 |
|-------------------------------|--|--|--|---|--|---|---|---|--|
| Breakfast 9.00 - 9.30am | Hot/ Cold Milk & Cereal & Toast or Muffins | Hot/ Cold Milk & Cereal & Toast or Muffins | Hot/ Cold Milk & Cereal & Toast or Muffins | Hot/ Cold Milk & Cereal & Toast or Muffins | Hot/ Cold Milk & Cereal & Toast or Muffins | Hot/ Cold Milk & Cereal & Toast or Muffins | Hot/ Cold Milk & Cereal & Toast or Muffins | Hot/ Cold Milk & Cereal & Toast or Muffins | Hot/ Cold Milk & Cereal & Toast or Muffins |
| Dinner 11.30am | Chicken & Spinach Curry & Wholemeal Rice | Shepherds Pie topped with Swede Mash | Cauliflower & Broccoli Pasta Bake & Crusty Bread | Mexican Chilli Con Carne Hidden Vegetables & Wholemeal Rice | Fish Pie Garden Peas & Sweetcorn | Roast Chicken Dinner Mashed Potato Mixed Vegetables & Gravy | Spicy Lentil, Root Vegetable & Chickpea Stew & Crusty Bread | Meat & Potato Pie & Mushy Peas | Tuna Neapolitan Pasta Bake & Garlic Bread |
| Vegetarian Option | Quorn Chicken | Quorn Mince | As Above | Quorn Mince | Cheesy Vegetable Pie | Quorn Chicken | As Above | Quorn Mince | Tomato & Vegetable Pasta |
| Dessert | Apple Crumble & Custard | Fruit Yoghurt | Chocolate Sponge & Chocolate Sauce | Fresh Fruit Platter | Fruit Yoghurt | Jam Sponge & Custard | Fresh Fruit Platter | Yorkshire Parkin Sponge & Custard | Creamy Rice Pudding |
| Snack 1.30pm | Biscuit Fresh Fruit & Milk | Homemade Gingerbread Fresh Fruit & Milk | Biscuit Fresh Fruit & Milk | Biscuit Fresh Fruit & Milk | Jam Drop Fresh Fruit & Milk | Biscuit Fresh Fruit & Milk | Homemade Scone Fresh Fruit & Milk | Biscuit Fresh Fruit & Milk | Biscuit Fresh Fruit & Milk |
| Late Snack 3.30pm | Toasted Crumpets & assorted toppings Fresh Fruit & Milk | Baked Beans on Toast Fresh Fruit & Milk | Freshly made Sandwiches Fresh Fruit & Milk | Toasted Muffins & assorted toppings Fresh Fruit & Milk | Harvest Soup & Crusty Bread Fresh Fruit & Milk | Spaghetti Hoops on Toast Fresh Fruit & Milk | Freshly made Sandwiches Fresh Fruit & Milk | Crusty Bread & Assorted Toppings Fresh Fruit & Milk | Freshly made Sandwiches Fresh Fruit & Milk |

Fresh filtered water is freely available throughout the day. Bread and butter is offered with all meals.