



# Yummy Autumn 2019 Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack</b>	<p>Offered at 10am A café style snack is available inside &amp; outside for the Ladybird &amp; Dragonfly children, milk is offered to all children.</p>				
<b>Lunch</b> <i>1<sup>st</sup> Course</i>	Chickpea & squash curry, roast garlic yoghurt with grilled paneer	Pork & apple casserole sweet potato mash green beans	Bulgar wheat and spinach fritters, watercress & radish salad tomato ketchup	Oaty fish & spinach crumble, carrots & runner beans	Mexican chicken with kidney beans basmati rice guacamole
<i>2<sup>nd</sup> Course</i>	Vanilla ice-cream	Cheese & pineapple squares, rice cakes	Cherry & coconut flapjack	Apple & pumpkin seed crumble bar	Red pepper scones cream cheese
<b>Afternoon snack</b>	<p>Offered at 2pm A café style snack is available inside &amp; outside for the Ladybird &amp; Dragonfly children, milk is offered to all children.</p>				
<b>Tea</b> <i>1<sup>st</sup> Course</i>	Beef stroganoff brown rice braised red cabbage	Haddock fish bites mushy peas tartar sauce	Meatballs and spaghetti	Butternut squash & sage risotto watercress [*OSC – Toasties]	Margarite pizza Bean & pepper salad
<i>2<sup>nd</sup> Course</i>	Apricot & yoghurt loaf	Jam roly-poly with custard	Lemon & vanilla rice pudding	Gingerbread with apple slices	Eton mess with berries, plum



# Yummy Autumn 2019 Menu Week 2

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<b>Morning snack</b>	<p>Offered at 10am</p> <p>A café style snack is available inside &amp; outside for the Ladybird &amp; Dragonfly children, milk is offered to all children.</p>				
<b>Lunch</b> <i>1<sup>st</sup> Course</i>	Courgette & tomato tortilla wedges, pesto & rocket salad, wholemeal toast	Local sausages, celeriac mash & peas	Chicken & lentil stew with crusty bread cabbage	Baked orzo, ratatouille with mozzarella	Spicy Chicken Tikka, jewelled rice and poppadum's
<i>2<sup>nd</sup> Course</i>	Melon slices	Carrot & cream cheese cupcakes	Autumnal fruit salad	Rhubarb & custard	Citrus polenta cake
<b>Afternoon snack</b>	<p>Offered at 2pm</p> <p>A café style snack is available inside &amp; outside for the Ladybird &amp; Dragonfly children, milk is offered to all children.</p>				
<b>Tea</b> <i>1<sup>st</sup> Course</i>	Irish Stew, roast parsnips & swede	Pumpkin & butter bean soup, oatly crackers	Poached salmon & cream cheese wraps, cucumber and pepper sticks	Cottage pie, sprouts and kale	Scrambled eggs, honey roast ham, seeded bread & apple slaw
<i>2<sup>nd</sup> Course</i>	Banana Bread	Cranberry Cranachan	Beetroot Brownies	Wensleydale cheese scone with celery sticks	Frozen Berry Yoghurt



# Yummy Autumn 2019 Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack</b>	<p>Offered at 10am</p> <p>A café style snack is available inside &amp; outside for the Ladybird &amp; Dragonfly children, milk is offered to all children.</p>				
<b>Lunch</b> <i>1<sup>st</sup> Course</i>	Chicken & sweetcorn pittas, pepper sticks	Bubble & squeak potato cake, egg & lentil salad	Lamb koftas tomato & feta couscous mint yoghurt	Cauliflower and bacon pasta bake braised greens	Venison lasagne broccoli & pearl barley
<i>2<sup>nd</sup> Course</i>	Milk cookies	Orange cheesecake with red currants	American pancakes peach slices	Pear & blueberry cake	Lemon and ginger mousse
<b>Afternoon snack</b>	<p>Offered at 2pm</p> <p>A café style snack is available inside &amp; outside for the Ladybird &amp; Dragonfly children, milk is offered to all children.</p>				
<b>Tea</b> <i>1<sup>st</sup> Course</i>	Beef stew herb dumplings carrots and peas	Fruity chicken curry Bombay potatoes naan bread	Tuna & cheddar melt jackets sliced tomato and cucumber	Quorn, bean & red pepper casserole mashed potato	Leek & potato soup
<i>2<sup>nd</sup> Course</i>	Sliced apple, pear & plum	Blackberry sorbet	Raspberry yoghurt	Semolina pudding stewed prunes	Spicy beans on toast with spinach & halloumi

