

## Autumn Menu 2026 - Week 3

| Menu No          | Breakfast                                                                                                                               | Morning Snack                                                                                                                                                 | Children's Menu – Lunch                                                | Vegetarian Option                                                       | Second Dish                                           | Mid Afternoon Snack                                        | Children's Menu – Tea                                               | Vegetarian Option             |
|------------------|-----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------|------------------------------------------------------------|---------------------------------------------------------------------|-------------------------------|
| <b>Monday</b>    | Choice of cereals with a selection of fruit.<br><br>All served with either Cow's Milk or a dairy free option until 8.30am<br><b>G/M</b> | Free flow snack will operate between 9.30am and 10.00am within the all the rooms.<br>This will be fruit, vegetable crudities and/or breadsticks<br><b>G/M</b> | Mixed bean chilli with rice                                            | Mixed bean chilli con carne with rice                                   | Seasonal fruit salad                                  | Cheese cubes with pear fingers<br><b>M</b>                 | Sandwich selection with tuna mayo or cheese and ham<br><b>G/F/M</b> | Cheese sandwiches<br><b>G</b> |
| <b>Tuesday</b>   |                                                                                                                                         |                                                                                                                                                               | Salmon & broccoli pasta bake<br><b>F/E/M</b>                           | Vegetable pasta bake<br><b>E/M</b>                                      | Garlic bread ciabatta fingers<br><b>G/M</b>           | Rice cakes with a minty dip and carrot baton<br><b>S/M</b> | Tomato and cheese pinwheels with baked beans<br><b>G/M</b>          | Same as tea menu              |
| <b>Wednesday</b> |                                                                                                                                         |                                                                                                                                                               | Shepherd's pie with peas<br><b>M</b>                                   | Lentil Shepherd's pie with peas<br><b>M</b>                             | Greek yoghurt with mixed berry compote<br><b>M</b>    | Crispbreads with pepper sticks<br><b>S/G</b>               | Vegetable frittata and crusty bread<br><b>E/M</b>                   | Same as tea menu              |
| <b>Thursday</b>  |                                                                                                                                         |                                                                                                                                                               | Chicken and mushroom pie with roast potatoes and carrots<br><b>G/C</b> | Quorn and sweetcorn pie with roast potatoes and carrots<br><b>E/G/C</b> | Homemade Flapjack<br><b>M/G</b>                       | Oat cakes and banana fingers<br><b>G/M</b>                 | Macaroni cheese<br><b>M/E</b>                                       | Same as tea menu              |
| <b>Friday</b>    |                                                                                                                                         |                                                                                                                                                               | Savoury mince, mixed veg with potatoes<br><b>E/M/G/C</b>               | Quorn Savoury mince, mixed veg with potatoes<br><b>E/M/G/C</b>          | Yorkshire puddings with onion gravy<br><b>C/E/M/F</b> | Smashed avocado with pitta slices<br><b>G</b>              | Cheesy Jacket potatoes with cucumber sticks<br><b>M</b>             | Same as tea menu<br><b>M</b>  |

Allergens C = Celery CS= Crustaceans/Shellfish E= Eggs F=Fish G= Glutens L=Lupin M=Milk MC= Molluscs MD=Mustard P=Peanuts SS=Sesame S=Soybeans  
SD=Sulphur dioxide/Sulphites TN=Tree nuts