

Astwick Autumn/Winter Menu

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal, toast & fruit Milk or water	Cereal, toast & fruit Milk or water	Cereal, toast & fruit Milk or water	Cereal, toast & fruit Milk or water	Cereal, toast & fruit Milk or water
AM Snack	Banana	Satsuma	Berries	Grapes	Apple/Pear
Starter	-	Corn on the cob	-	Naan bread	-
Lunch	Roast chicken, roast potatoes & mixed vegetables	5 a day pasta	Irish stew, mashed potato & vegetables	Chicken curry & rice	Fish fingers, mashed potato & baked beans
Pudding	Fruit yoghurt	-	Banana and custard		Fruit platter
PM Snack	Rice cakes & hummus	Cheese & cucumber sticks	Crackers & raisins	Breadsticks & sour cream	Crackers & cream cheese
Starter	-	-	Vegetable sticks and dip	-	-
Tea	Cheese toasties & cherry tomatoes	Jacket potato & baked beans	Tomato risotto	Leek and potato soup & bread	Mixed sandwiches & cucumber sticks
Pudding	Melon	Mixed berries	-	Greek yoghurt	Banana

Please speak to a member of staff if you require any allergen information in line with our menus.

Astwick Autumn/Winter Menu

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal, toast & fruit Milk or water	Cereal, toast & fruit Milk or water	Cereal, toast & fruit Milk or water	Cereal, toast & fruit Milk or water	Cereal, toast & fruit Milk or water
AM Snack	Grapes	Berries	Apple/pear	Banana	Satsuma
Starter	-	-	-	Garlic bread	Pitta & dip
Lunch	Ratatouille & rice	Fish cakes, mashed potato & peas	BBQ chicken & vegetable rice	Beef bolognese with pasta	Bean chilli & rice
Pudding	Fruit yoghurt	Natural yoghurt & peach puree	Fruit platter	-	-
PM Snack	Breadsticks & cream cheese	Rice cakes & raisins	Crackers & hummus	Cheese & cucumber sticks	Crackers & sour cream
Starter	-	Cucumber & pepper sticks with hummus	-	-	-
Tea	Jacket potato & baked beans	Toast fingers with spaghetti hoops	Cheese bagels & cherry tomatoes	Carrot & corriander soup	Creamy mushroom pasta
Pudding	Melon wedges	-	Banana and blueberry cake	Mixed berries	Fruit yoghurt

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Astwick Autumn/Winter Menu

Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal, toast & fruit Milk or water	Cereal, toast & fruit Milk or water	Cereal, toast & fruit Milk or water	Cereal, toast & fruit Milk or water	Cereal, toast & fruit Milk or water
AM Snack	Banana	Apple/pear	Satsuma	Berries	Melon
Starter	Naan bread	-	Corn on the cob	-	-
Lunch	Vegetable curry & rice	Savoury beef & sweet potato mash	Chicken casserole, roast potato & mixed vegetables	Cheesy pasta & sweetcorn	Fish in white sauce, potato & vegetables
Pudding	-	Fruit salad	-	Sugar free jelly	Fruit platter
PM Snack	Rice cakes & grapes	Cheese & cucumber sticks	Breadsticks & hummus	Crackers & raisins	Crackers & dip
Starter	-	-	-	Pepper & carrot sticks with dip	-
Tea	Tomato & vegetable pasta	Wholemeal toast & spaghetti hoops	Tomato & basil soup with bread	Crumpets & scrambled egg	Mixed sandwiches
Pudding	Pineapple fingers	Fruit Flapjack	Natural yoghurt & fruit	-	Fruit yoghurt

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