#### **Stafford Autumn/Winter Menu**

#### Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Toast with milk or water	Cereal and Crumpets with milk or water	Cereal and Toast with milk or water	Cereal and Bagel with milk or water	Cereal and Toast with milk or water
AM Snack	Banana and orange	Melon	Apple	Fruit	Fruit
Lunch	Spaghetti Bolognese	Sweet and sour chicken with vegetables	Sausage and mash with beans, carrots and gravy	Vegetable risotto	Baked fish with white sauce and mixed vegetables
Pudding	Yogurt	Custard with berries	Sponge cake with custard	Fruit salad	Mixed fruit crumble
PM Snack	Bread sticks and veg sticks	Rice cake and veg sticks	Melon	Breadsticks and veg sticks	Rice cake and veg sticks
Теа	Cheese pin wheels with pasta	Mini Spanish tortilla	Tuna melt with salad	Jacket potato with cheese	Tomato pasta with vegetables
Pudding	Fruit	Peach	Yogurt	Melon	Carrot cake

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Please note vegetarian / vegan options are available to cater for all dieteary requirements

## Stafford Autumn/Winter Menu Week 2

Monday Thursday **Friday Tuesday** Wednesday **Cereal and Crumpets** Cereal and Toast **Cereal and Crumpets** Cereal and Toast **Cereal and Crumpets Breakfast** with milk or water **AM Snack** Oranges Apple Melon Grapes Banana Chicken and Fish fingers with Spinach and ricotta Sausage and pasta Beef lasagne with Lunch wedges and mixed mushroom pie with bake with broccoli broccoli torellini vegetables potatoes and carrots Pudding Melon Yogurt Custard and berries Fruit salad Ice-cream Vegetable sticks and Crackers and cream Vegetable sticks and **PM Snack** Rice cakes Banana rice cakes cheese bread sticks Beans on toast with Macaroni cheese Tomato pasta with Cheese pinwheels Jacket potato with Tea cucumber sticks vegetables and peas with pasta beans **Pudding** Fresh fruit Apple crumble Melon Cup cakes Yogurt

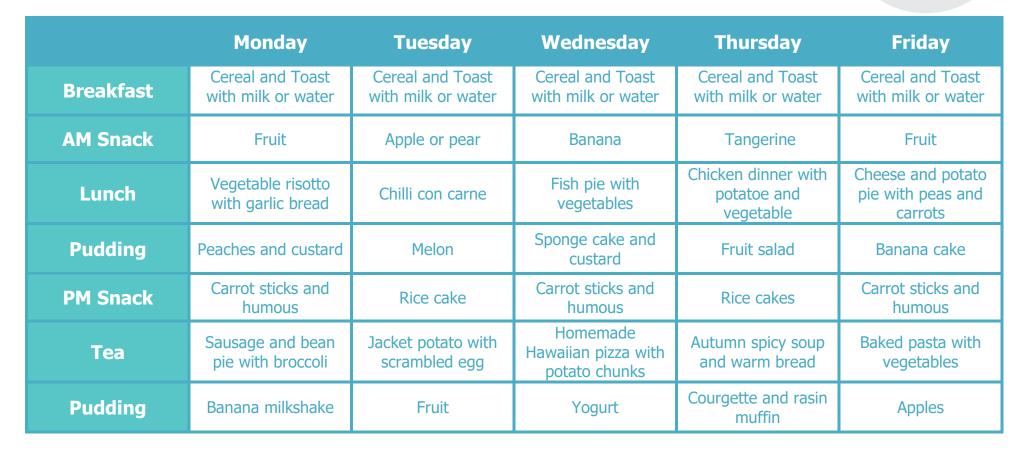
Please note vegetarian / vegan options are available to cater for various all requirements

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



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## Stafford Autumn/Winter Menu Week 3



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Please note vegetarian / vegan options are available to cater for all dieteary requirements

# Stafford Autumn/Winter Menu Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Bagel with milk or water	Cereal and Toast with milk or water	Cereal and Crumpets with milk or water	Cereal and Toast with milk or water	Cereal and Bagel with milk or water
AM Snack	Sultanas	Rice cake	Banana	Bread stick	Sultanas
Lunch	Chicken carbonara with spinach	Sweet potato curry with rice	Cottage pie	Fish cakes with carrots and peas	Cauliflower and broccoli cheese bake with potatoes
Pudding	Melon slices	Banana bread	Fruit salad	Sponge cake and custard	Yoghurt
PM Snack	Vegetable sticks with bread sticks	Cucumber and carrot sticks	Vegetable with bread sticks	Fruit	Rice cakes
Теа	Jacket potato with tuna	Quiche Lorraine with spaghetti hoops and bread	Autumn spicy soup with warm bread	Homemade hawiian pizza with sweet potatoe chunks	Macaroni cheese with sweetcorn
Pudding	Fruit salad	Cupcakes	Watermelon	Fruit	Grapes

Please note vegetarian / vegan options are available to cater for all dieteary requirements

