

MENU

WEEK ONE AUTUMN 1 2025

Monday

Morning Snack

Cheese oat cakes with apple slices

Main Meal - Chicken or veggie and halloumi skewers with rice, served with carrots and peas

Pudding

Black bean brownies

Tuesday

Morning Snack

Rice cakes and bananas

Main Meal - Whole grain pita pockets with cubed cheddar cheese, hummus, shredded carrots, cucumbers, hard boiled eggs and baby spinach.

Pudding

Baked apple and cinnamon flapjacks

Wednesday

Morning Snack- Breadsticks with cucumber and oranges

Main Meal - Pasta with tomato sauce

Pudding

Lentil and carrot traybake

Thursday

Morning Snack- Rice cakes and apple slices

Main Meal - Beef burgers with lettuce, tomato and cucumber

Pudding

Chocolate rice krispy nibble

MENU

WEEK TWO AUTUMN 1 2025

Monday

Morning Snack

Breadsticks with oranges

Main Meal - Vegetable chilli, sour cream, grated cheese and mexican corn salad

Pudding

Lemon drizzle cake

Tuesday

Morning Snack

Cheese oatcakes with apple slices

Main Meal - DIY sandwich platter (whole grain rolls with sliced ham, cheese, lettuce, or jam) served with cucumber and carrots

Pudding

Oat and banana traybake

Wednesday

Morning Snack

Rice cakes and bananas

Main Meal - BBQ chicken drumsticks with cucumber, carrots and potato salad

Pudding

Chocolate chip cookies

Thursday

Morning Snack

Rice cakes and apple slices

Main Meal - Homemade pizza with peas and broccoli.

Pudding

Blueberry and vanilla muffins