**AUTUMN/WINTER MENU: WEEK 1**

**No refined sugars used in our recipes**

**MONDAY**

**Main:** Tri-colour pasta with a tomato, onion, garlic and herb sauce with grated cheese (or plain pasta, vegetables and cheese). Served with Chopped broccoli and sweetcorn mix.

**Dessert:** Seasonal fresh fruit and natural yogurt (fruit may be raw, cooked or pureed)

**TUESDAY**

**Main:** Baked white fish served with mashed potatoes (sweet and white), thinly sliced caramelised carrots & peas.

**Dessert:** Seasonal fresh fruit and natural yogurt (fruit may be raw, cooked or pureed)

**WEDNESDAY**

**Main:** Lentil burgers with roasted potatoes, courgettes (sliced & lightly cooked & tossed in butter) with grated cheddar.

**Dessert:** Seasonal fresh fruit and natural yogurt (fruit may be raw, cooked or pureed)

**THURSDAY**

**Main:** Homemade spinach and cheese muffins served with buttered rice, red pepper omelette, carrots and sweetcorn

**Dessert:** Seasonal fresh fruit and natural yogurt (fruit may be raw, cooked or pureed)

**FRIDAY**

**Main:** Homemade salmon nuggets with roast potatoes, courgette, carrot and tomato sauce.

**Dessert:** Seasonal fresh fruit and natural yogurt (fruit may be raw, cooked or pureed)

**AUTUMN/WINTER MENU: WEEK 2**

**MONDAY**

**Main:** Homemade vegetable lasagne served with olives and tomatoes.

**Dessert:** Seasonal fresh fruit and natural yogurt (fruit may be raw, cooked or pureed)

**TUESDAY**

**Main:** Fisherman’s Pie served with petit pois, cubed carrots.

**Dessert:** Seasonal fresh fruit and natural yogurt (fruit may be raw, cooked or pureed)

**WEDNESDAY**

**Main:** Homemade pizza with vegetarian toping *or* tuna topping served with sweetcorn and chopped red pepper.

**Dessert:** Seasonal fresh fruit and natural yogurt (fruit may be raw, cooked or pureed)

**THURSDAY**

**Main:** Chicken steamed pieces, couscous with cauliflower and broccoli

**Dessert:** Seasonal fresh fruit and natural yogurt (fruit may be raw, cooked or pureed)

**FRIDAY**

**Main:** Spinach omelette, sautéed potatoes & green beans in a rich tomato sauce

**Dessert:** Seasonal fresh fruit and natural yogurt (fruit may be raw, cooked or pureed)

**AUTUMN/ WINTER MENU: WEEK 3**

**MONDAY**

**Main:** Vegetarian Shepherd’s pie made with Quorn and vegetables

**Dessert:** Seasonal fresh fruit and natural yogurt (fruit may be raw, cooked or pureed)

**TUESDAY**

**Main:** Homemade chickpeas and beans burgers, roast potatoes, sweet cucumber, sweetcorn and rich tomato sauce

**Dessert:** Seasonal fresh fruit and natural yogurt (fruit may be raw, cooked or pureed)

**WEDNESDAY**

**Main:** Fresh baked salmon, couscous, peas and carrots.

**Dessert:** Seasonal fresh fruit and natural yogurt (fruit may be raw, cooked or pureed)

**THURSDAY**

**Main:** pasta with mixed vegetables & tomato sauce, grated cheese, tomatoes, cucumber and olives

**Dessert:** Seasonal fresh fruit and natural yogurt (fruit may be raw, cooked or pureed)

**FRIDAY**

**Main:** Homemade cod & potato fish cakes served with olives, cucumber, tomato & yellow pepper salad; broccoli

**Dessert:** Seasonal fresh fruit and natural yogurt (fruit may be raw, cooked or pureed)