

Autumn Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Organic rice cakes & a choice of fruit water or milk	Organic oat cakes & a choice of fruit water or milk	Bread sticks & a choice of fruit water or milk	Organic rice cakes & a choice of fruit water or milk	Organic corn cakes & a choice of fruit water or milk
Lunch	Sausage Pasta Bake GF Watermelon	Stuffed jackets and healthy beans GF, DF Pineapple	Spaghetti bolognaise GF, DF Apple and raisins	Fish fingers, wedges with healthy beans (GF, DF option available) Organic yoghurt	Quorn korma with hidden veg GF, DF Melon
Afternoon snack	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks
Tea	Whatcombe Café: children's choice of eggs served to order Children's choice of fruit Water or milk	Pitta, falafel and hummus Children's choice of fruit Water or milk	Sandwich selection with vegetable sticks Children's choice of fruit water or milk	Pasta pesto Children's choice of fruit water or milk	Wrap selection with grated carrot and cucumber sticks Children's choice of fruit Water or milk

Milk & yoghurt are organic
Fish is responsibly sourced
GF = Gluten Free
DF= Dairy Free

