

**ALLERGY INFORMATION:** If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

## Autumn EYC Menu Week 1

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WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit Scrambled Eggs	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit Scrambled Eggs	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Pancakes Wholemeal Toast Fresh Fruit
<b>AM Snack</b>	Crudités	Crudités & Crackers	Assorted Crudités	Pitta Bread with Cheese Spread	Fresh Fruit Salad
<b>Main Course</b>	Spaghetti Bolognese	Sausage & Mash	Roast Chicken, Skin on Potatoes and Gravy	Chickpea Aloo Curry with 50/50 Rice	Battered Fish & Chips
<b>Vegetarian Option</b>	Vegetable Bolognese	Quorn Sausages & Mash	Puff Pastry Cheese & Potato Whirl	Jollof Rice & Quorn Vegetarian – Chefs Special	
<b>Side Vegetables</b>	Roasted Winter Vegetables Mixed Bean Salad	Green Beans Sweetcorn Grated Carrot Salad	Carrots Broccoli Green Bean Salad	Cauliflower Peppers Mixed Leaf Salad	Baked Beans Steamed Peas Rainbow Slaw
<b>Salads</b>	A selection of Freshly made Salads served daily				
<b>Dessert</b>	Apple Rice Pudding (50% Fruit)	Chocolate and Beetroot Brownie with Custard	Yoghurt & Fruit	Peach Crumble with Custard	Yoghurt and Fresh Fruit Station
<b>PM Snack</b>	Cheese, Apple & Crackers	Fresh Fruit Platter	Wholemeal Bread Fingers, Hummus & Crudités	Fresh Fruit Platter	Breadsticks & Crudités
<b>Tea</b>	Jacket Potato Cheese & Beans Fresh Fruit	Lentil and Red Peppers with Rice Fresh Fruit	Macaroni Cheese Fresh Fruit	Tomato & Vegetable Pasta with Broccoli Fresh Fruit	Sandwiches Fresh Fruit

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## Autumn EYC Menu Week 2

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit Scrambled Eggs	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit Scrambled Eggs	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Pancakes Wholemeal Toast Fresh Fruit
<b>AM Snack</b>	Crudités	Breadsticks & Crudités	Assorted Crudités	Fresh Rolls Cheese Spread Carrots Sticks	Fresh Fruit Salad
<b>Main Course</b>	Cheese and Tomato Pizza with Potato Wedges	Chicken Curry with 50/50 Rice	Traditional Beef Stew with Steamed Potatoes	Chicken Paella	Battered Fish & Chips
<b>Vegetarian Option</b>	Peppers & Bean Frittata	Sweet & Sour Butter beans with 50/50 Rice	Chickpea Casserole	Mexican Wraps and Rice	
<b>Side Vegetables</b>	Sweetcorn Broccoli Tomato Penne Salad	Roasted Courgettes Peppers Coleslaw	Swede Steamed Peas Sweet Potato Salad	Cauliflower Carrots Roasted Veg Salad	Baked Beans Green Beans Couscous Salad
<b>Salads</b>	A selection of Freshly made Salads served daily				
<b>Dessert</b>	Yoghurt & Fruit	Blackberry and Apple Crumble with Custard	Yoghurt & Oaty Biscuits	Carrot Cake	Yoghurt and Fresh Fruit Station
<b>PM Snack</b>	Cheddar Sticks, Apple & Crackers	Fresh Fruit Platter	Pitta Bread Hummus & Carrot	Fresh Fruit Platter	Wholemeal Bread Fingers Cottage Cheese
<b>Tea</b>	Assorted Wraps Fresh Fruit	Jollof Rice & Salad	Neapolitan Wholemeal Pasta with Vegetables	Jacket Potato Cheese & Beans Fresh Fruit	Assorted Sandwiches Fresh Fruit

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## Autumn Term Menu Week 3

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit Scrambled Eggs	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit Scrambled Eggs	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Pancakes Wholemeal Toast Fresh Fruit
<b>AM Snack</b>	Crudites	Breadsticks & Crudites	Assorted Crudites	English Muffin, Cheese & Grapes	Fresh Fruit Salad
<b>Main Course</b>	Macaroni Cheese	Cottage Pie	Roast Chicken, Skin on Potatoes, Gravy	Jamaican Jerk Chicken with 50/50 Rice	Breaded Fish and Chips
<b>Vegetarian Option</b>	Smokey Bean Chilli with 50/50 Rice	Lentil Shepherdess Pie	Lentil & Chickpea Loaf, with Skin On Roast Potatoes, Gravy	Lentil and Sweet Potato Curry with 50/50 Rice	
<b>Side Vegetables</b>	Roasted Carrots Sliced Green Beans Beetroot ,Orange Salad	Green Beans Sweetcorn Apple and Raisin Salad	Braised Red Cabbage Carrots Green Bean Power	Broccoli Cauliflower Tabbouleh Salad	Baked Beans Steamed Peas BBQ Noodle Salad
<b>Salads</b>	A selection of Freshly made Salads served daily				
<b>Dessert</b>	Sticky Toffee Apple Crumble with Custard	Pear and Chocolate Upside Down Cake	Peaches & Ice Cream	Sultana Flapjack & Custard	Yoghurt Fresh Fruit
<b>PM Snack</b>	Wholemeal Bread Fingers & Crudites	Cheese, Apple & Crackers	Fresh Fruit Platter	Fresh Fruit Platter	Hummus, Carrot & Breadsticks
<b>Tea</b>	Cod Fish Fingers Baked Beans & Bread	Jamaican Rice with Beans and Peas Fresh Fruit	Tuna, Pasta & Sweetcorn Fresh Fruit	Macaroni Cheese With Fresh Tomatoes Fresh Fruit	Sandwiches Fresh Fruit