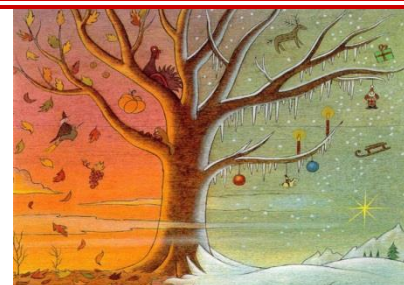
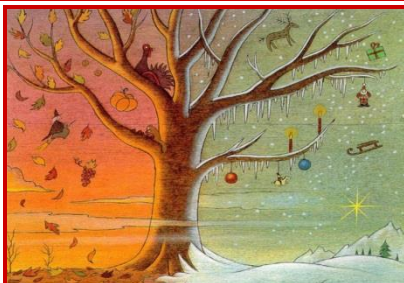


The Fields Children's Centre
Autumn/ Winter Menu
2018-2019

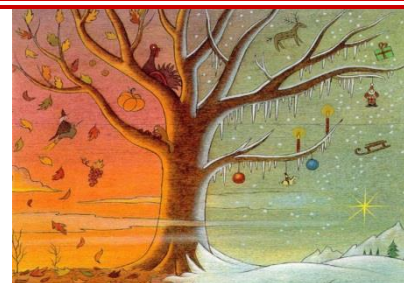


Week 1	Lunch and dessert	Tea and dessert
Monday	Keema curry with rice & sweetcorn Vegetarian Option: Vegetable curry Apple & raspberry crumble with custard	
Tuesday	Sausage & tomato pasta bake with farmhouse vegetables Vegetarian Option: Tomato pasta bake Fresh fruit	Sandwiches with vegetable sticks Homemade cake
Wednesday	Jamaican chicken with rice & broccoli Vegetarian Option: Jamaican Quorn Peach slices with custard	Homemade mushroom soup & bread Oat cookies
Thursday	Pork & apple potato pie with broccoli & carrots Vegetarian Option: Quorn & apple potato pie Homemade lemon drizzle muffins	Scrambled eggs on toast Yogurt
Friday	Homemade fish cakes with chips & peas Vegetarian Option: cheese & vegetable cakes Chocolate sponge with chocolate sauce	Beans on toast Fresh fruit

Week 2	Lunch and dessert	Tea and dessert
Monday	Sausages, roast potatoes, cabbage & carrots Vegetarian Option: Quorn sausages Fresh fruit	
Tuesday	Vegetable lasagne with broccoli Ginger oat cookies	Homemade soup & bread Fresh Fruit
Wednesday	Chicken enchiladas with salad Vegetarian Option: Vegetable enchiladas Raisin sponge with custard	Filled rolls with vegetable sticks Yogurt
Thursday	Tuna & sweetcorn pasta bake with peas Vegetarian Option: Cheesy sweetcorn pasta bake Peach & pear crumble with custard	Beans on toast Homemade sprinkle cake
Friday	Beef & vegetable stew with cous cous & sweetcorn Vegetarian Option: Winter vegetable stew Cheesecake	Toasted crumpets with soft cheese Bananas



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Week 3	Lunch and dessert	Tea and dessert
Monday	Lamb & vegetable crumble with potatoes & peas Vegetarian Option: Vegetable crumble Chocolate chip cookies	
Tuesday	Beef mince hotpot with swede mash Vegetarian Option: Vegetable hotpot Rice pudding	Scrambled eggs on toast Peach slices
Wednesday	Homemade turkey meatballs in tomato sauce with tri-colour pasta & broccoli Vegetarian Option: Veggie balls Fresh fruit	Beans on toast Flapjack
Thursday	Sweet potato & lentil Korma with rice & cauliflower Bananas & custard	Pizza slices and cucumber pieces Fresh fruit
Friday	Fishy pasta bake with carrots & sweetcorn Vegetarian Option: Cheesy pasta bake Steamed sponge with custard	Sandwiches with cherry tomatoes Yogurt

Week 4	Lunch and dessert	Tea and dessert
Monday	Pork Goulash with cous cous & mixed vegetables Vegetarian Option: Quorn Goulash Homemade carrot muffins	
Tuesday	Vegetable Chilli with rice & farmhouse vegetable Apple flapjack with custard	Spaghetti in homemade tomato sauce with grated cheese Melon wedges
Wednesday	Homemade cottage pie with carrots & sweetcorn Vegetarian Option: Baked bean, cheese & potato pie Mandarin cheesecake	Toasted crumpets Fresh fruit
Thursday	Fish crumble with parsley potatoes & peas Vegetarian Option: Vegetable crumble Fresh fruit	Filled rolls with cherry tomatoes Yogurt
Friday	Roast chicken, roast potatoes, carrots & cabbage Vegetarian Option: Quorn sausage Semolina with peach puree	Homemade soup & bread Cake