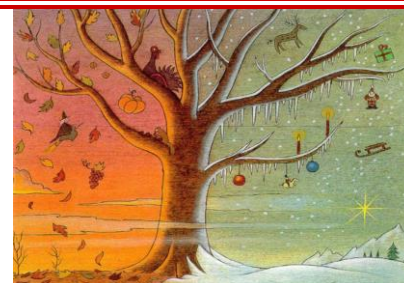


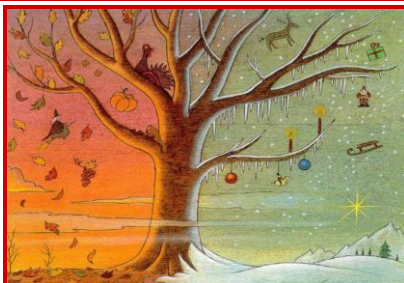
## The Fields Children's Centre Autumn/ Winter Menu 2015-2016



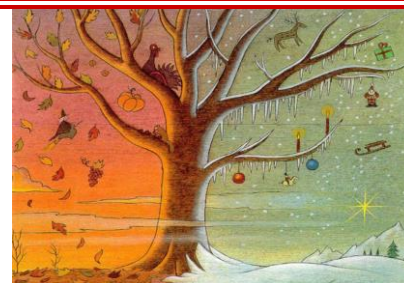
Week 1	Lunch and dessert	Tea and dessert
Monday	Beef goulash with cous cous and peas Vegetarian alternative: Vegetarian goulash Lemon muffins	Beans on toast Yoghurt
Tuesday	Salmon and sweetcorn pasta bake with green beans Vegetarian Alternative: Vegetable pasta bake Fresh fruit	Homemade tomato soup and bread Apricot and sultana tray bake
Wednesday	Chickpea and sweet potato curry with rice and naan Jam tart with custard	Mini quiches with vegetable sticks Melon wedges
Thursday	Jacket potatoes with cheese, beans and salad Warm winter fruits with natural yoghurt	Assorted sandwiches Homemade shortbread biscuits
Friday	Sausages with mashed potato, carrots and gravy Vegetarian Alternative: Vegetarian sausage Rice pudding	Filled rolls Homemade banana bread



Week 2	Lunch and dessert	Tea and dessert
Monday	Cheesy topped pasta in tomato sauce with sweetcorn Fresh fruit	Homemade mushroom soup with bread Choc ice
Tuesday	Lamb and vegetable crumble with potatoes and peas Vegetarian Alternative: Vegetable crumble Cherry muffins with milk	Sliced baguette with cheese, ham, tomatoes and cucumber Fresh fruit
Wednesday	Roast dinner with roast potatoes, carrots and cabbage Vegetarian Alternative: Quorn sausage Bananas and custard	Assorted sandwiches Sprinkle cake
Thursday	Butternut squash and bean chilli with rice Pink and white marble sponge with custard	Crackers with cheese spread and cucumber Yoghurt
Friday	Fish pie with broccoli and courgette ribbons Vegetarian Alternative: Vegetable Pie Apple crumble with custard	Beans on toast Homemade flapjack



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Week 3	Lunch and dessert	Tea and dessert
Monday	Moroccan pork with noodles and broccoli Vegetarian Alternative: Moroccan style vegetables Chocolate sponge with chocolate sauce	Scrambled eggs on toast Fresh fruit
Tuesday	Jacket potatoes with tuna, cheese and salad Vegetarian Alternative: Jacket potatoes with cheese Semolina with jam	Leek, potato and butternut squash soup with bread Oat and raisin cookies
Wednesday	Roasted vegetable pasta bake with sweetcorn Banana muffins	Assorted sandwiches Yoghurt
Thursday	Chilli with rice and nachos Vegetarian Alternative: Vegetable chilli Fresh fruit	Homemade mini frittatas with vegetable sticks Fairy cakes
Friday	Turkey pie with a root vegetable thatch and peas Vegetarian Alternative: Cheese and leek pie Oaty fruit crumble with custard	Assorted rolls White chocolate krispies



Week 4	Lunch and dessert	Tea and dessert
Monday	Sweet potato and lentil korma with rice and naan Fresh fruit	Beans on toast Fruity Weetabix cake
Tuesday	Smoked haddock, white fish and pasta bake with peas Vegetarian Alternative: Cheesy pasta bake Chocolate chip muffins	Lentil and winter vegetable soup with bread Melon wedges
Wednesday	Vegetable lasagne with garlic bread and salad Peach and apricot crumble with custard	Assorted sandwiches Homemade Shortbread biscuits
Thursday	BBQ chicken with cous cous and sweetcorn Vegetarian Alternative: BBQ quorn pieces Yoghurt	Cheesy vegetable muffins Strawberry cheesecake
Friday	Beef cobbler with mashed potatoes and carrots Vegetarian Alternative: Vegetable cobbler Jam sponge with custard	Spaghetti in homemade tomato sauce with grated cheese Fresh fruit