



Tatsfield Autumn/Winter Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals, toast & fruit	Choice of cereals, toast & fruit	Choice of cereals, toast & fruit	Choice of cereals, toast & fruit	Choice of cereals, toast & fruit
AM Snack	Fruit	Fruit	Fruit	Fruit	Fruit
Lunch	Macaroni Cheese	Chicken stew	Tuna & tomato pasta bake with breadcrumb topping & sweetcorn	Sweet potato & red lentil curry with rice	Chicken fajitas with salsa & sour cream
Pudding	Banana & coconut yogurt	Orange & cranberry scones with fresh orange	Blueberry compote with plain yogurt	Whipped ricotta with tinned peaches	Apple & carrot flapjack
PM Snack	Breadsticks with red pepper dip	Cheddar cheese & pear	Hummus with pepper sticks	Vegetable sticks with sour cream	Oat cakes with cream cheese
Tea	Roasted vegetable couscous & tomato sauce	Soup of the week	Jacket potato, cheese & beans	Cheese pizza	Pitta & vegetable platter with dip
Pudding	Fruit	Fruit	Fruit	Fruit	Fruit

Please speak to a member of staff if you require any allergen information in line with our menus.



Tatsfield Autumn/Winter Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals, toast & fruit	Choice of cereals, toast & fruit	Choice of cereals, toast & fruit	Choice of cereals, toast & fruit	Choice of cereals, toast & fruit
AM Snack	Fruit	Fruit	Fruit	Fruit	Fruit
Lunch	Chickpea & cauliflower curry with brown rice	Cottage Pie	Vegetable chilli con carne with rice	Coconut turmeric chicken noodles	Greek-style chicken bites with roast potatoes, green beans & yogurt dip
Pudding	Mixed fruit with yogurt	Apple/rhubarb crumble	Fruit kebabs	Apple & carrot flapjack	Winter rice pudding & orange
PM Snack	Breadsticks with tzatziki dip	Carrot & cucumber sticks	Cheese & herb scones	Cucumber & hummus	Tomato salsa & oat cakes
Tea	Jacket potato with tuna, mayo & sweetcorn	Cheese muffins and salad sticks	Soup of the week	Dip & dunk tea-beetroot & bean hummus, cheese, carrot, cucumber & pitta bread	Ploughman's Tea
Pudding	Fruit	Fruit	Fruit	Fruit	Fruit

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Tatsfield Autumn/Winter Menu

Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals, toast & fruit	Choice of cereals, toast & fruit	Choice of cereals, toast & fruit	Choice of cereals, toast & fruit	Choice of cereals, toast & fruit
AM Snack	Fruit	Fruit	Fruit	Fruit	Fruit
Lunch	Spaghetti bolognaise	Mixed veg & lentil stew	Sausage, mash and vegetables	Chicken pie, new potatoes & winter vegetables	Chicken curry with brown rice
Pudding	Fruit compote with Greek yogurt	Baked apples	Winter crumble	Pear & dried apricots	Mixed fruit compote with crème fraiche
PM Snack	Oat cakes with avocado & lime dip	Cheese & pear	Carrot & cucumber sticks	Oat cakes with cream cheese	Rice cakes
Tea	Pitta platter	Roasted vegetable pizza	Cream cheese bagel	Soup of the week	Vegetable platter with dips
Pudding	Fruit	Fruit	Fruit	Fruit	Fruit

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Tatsfield Autumn/Winter Menu

Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals, toast & fruit	Choice of cereals, toast & fruit	Choice of cereals, toast & fruit	Choice of cereals, toast & fruit	Choice of cereals, toast & fruit
AM Snack	Fruit	Fruit	Fruit	Fruit	Fruit
Lunch	Roasted vegetable pasta bake	Sausage casserole	Spanish chicken with rice	Chicken & leek potato topped pie with greens	Beef lasagne
Pudding	Mixed fruit compote with crème fraîche	Fruit salad	Fruit scones	Mixed berry crumble	Fruit & plain yogurt
PM Snack	Breadsticks & hummus	Tomato salsa & oat cakes	Breadsticks & tzatziki	Crackers & cream cheese	Cucumber & carrot sticks
Tea	Spanish omelette	Cheese scones with veg sticks	Cheese & broccoli pasta	Crumpets & salad sticks	Soup of the week
Pudding	Fruit	Fruit	Fruit	Fruit	Fruit

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