

**WEEK 3**  
**MENU FOR: Autumn / Winter 2021/2022**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Snack</b> (Water & Milk)	There is a wide variety of snacks every day (i.e. fresh fruit, vegetables, breadsticks, hot cross buns, croissants, brioche, rice cakes, toast etc)				
<b>Lunch</b> (Water)	(HIGH MEAT CONTENT) Pork Sausages & Mixed Bean Casserole	Chicken & Chickpea Korma Curry	Salmon Croquettes	Roast Beef with Gravy & Yorkshire Pudding	Vegetable Pasta Bake
	Jacket Potato Mixed Vegetables	Brown Rice Carrots Peas	New Potatoes Broccoli Cauliflower Spaghetti Hoops	Roast Potatoes Carrots Green Beans	Garlic Bread Broccoli Sweetcorn
	Quorn Sausage & Mixed Bean Casserole	Chickpea & Vegetable Korma Curry	Green Lentil & Vegetable Croquettes	Haricot Bean & Vegetable Casserole	As Above
<b>Dessert</b>	Fruit Salad with Yoghurt	Homemade Rice Pudding with Fruit Coulis	Mixed Berry Fruit Fool	Refined Sugar Free Pear & Parsnip Cake with Custard	Fruit Yoghurts
<b>Tea</b> (Water)	Muffin Slices with Various Toppings	Croissants with Home Cooked Ham or Cheese	Assorted Cheese & Crackers with Celery & Cucumber	Sandwiches with Chicken/Marmite Cheese Surprise Biscuits	Homemade Sesame Free Humous/ Cream Cheese & Feta Dip Baked Tortilla Chips Salad Sticks
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Water is available throughout the day  
Yellow Room's menu is adapted to suit the weaning stage of each child  
If your child has an allergen the menu will be adapted according to their required diet