

**WEEK 3**  
**MENU FOR: Autumn / Winter 2022/2023**

	<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)	Cod Fish Fingers	Chicken & Chickpea Korma Curry	Beef & Vegetable Stew	Roast Pork with Gravy	Vegetable Lasagne
	Jacket Potato Mixed Vegetables Spaghetti Hoops	Cous Cous Broccoli Cauliflower	Brown Rice Carrots Green Beans	Roast Potatoes Mashed Swede Cabbage Green Beans	Garlic Bread Peas Sweetcorn
	Vegetable Fingers	Chickpea & Vegetable Korma Curry	Mixed Bean & Vegetable Stew	Vegetarian Sausage with Gravy	As Above
<b>Dessert</b>	Fruit Yoghurt	Homemade Rice Pudding	Creamy Mango Dessert	Beetroot, Cocoa & Courgette Cake with Custard	Fruit Salad with Natural Yoghurt
<b>Tea</b> (Water)	Muffin Slices with Various Toppings	Pitta Bread Pizzas with Salad Sticks	Assorted Cheese & Crackers with Carrot & Cucumber	Sandwiches with Ham/Marmite Cheese	Homemade Sesame Free Humous & Feta Dip Baked Tortilla Chips Salad Sticks
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Water is available throughout the day  
 Buttercup 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