

Week 1: Little Gryphons Menu – Autumn 2019

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-morning snack	Rice cakes and cream cheese	Malt loaf slices with pear slices	Pineapple sticks with coconut sprinkles	Apples and grapes	Berries with cereals
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch Drinks: Water only	Tomato and mushroom pasta bake with peas	Slow cooked beef roast with mashed potato, broccoli and carrot	Red pesto roast chicken with potatoes and tomatoes	Bean burgers with a wholemeal roll, tomato slices and lettuce	Sausage casserole with a gravy sauce and carrot
	Mixed dried fruit with yogurt	Apple and cinnamon crumble with vanilla ice cream	Cherry pudding pots with natural yogurt	Banana and custard	Vanilla ice cream cones
Mid-afternoon snack	Fruit cocktail of Apple, orange and grapes	Mini tortilla muffins with a salad of peppers, tomatoes and carrots	Carrot sticks with a hummus dip	Oatcakes and cucumber sticks with a curried mayo dip	Cheese and sesame seed twists
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Tea Drinks: Water only	Cheese and bean jackets	Pesto and tomato pasta salad	Fish fingers with spaghetti hoops	Chicken wraps with a salad of peppers, celery, tomatoes and carrot	Crust less quiche with a fresh salad of tomatoes, chives, carrots and sweetcorn
	Blueberries muffins	Strawberries with custard	Apple and cranberry oat biscuits	Natural yogurt with a drizzle of golden syrup	Frozen fruit and yogurt dots (Thurs night)

Note: Fresh drinking water will be available and accessible at all times.