

Week 2: Little Gryphons Menu – Autumn 2019

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-morning snack	Cheese with sliced grapes	Muesli with apple and banana (Muesli soaked overnight)	Crumpets with a choice of marmite, strawberry jam or butter	Cereals with milk and orange slices	Cream cheese and cress sandwiches
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch Drinks: Water only	Fillet of fish with boiled potatoes and sweetcorn	Tuna spaghetti carbonara with carrot slices	Chicken and Chorizo paella with peas and sweetcorn	Jacket potatoes with a beef Bolognese Sauce and a fresh salad of tomatoes, celery and carrots	Turkey curry with wholemeal rice and spinach
	Natural yogurt with strawberries	Lemon sorbet	Dried raisins with dried peaches and natural yogurt	Apple pie with custard	Very berry crumble with ice cream
Mid-afternoon snack	Fruit salad of orange, apple and mixed berries	Boiled egg with toast and asparagus soldiers	Beetroot brownie with an orange	Humus with cucumber, carrot and pepper sticks	Natural yogurt with apple and grape slices
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Tea Drinks: Water only	Spaghetti hoops on wholemeal toast	Slow cooked sweet potato and butternut squash soup	Cream cheese and chicken sandwiches with a salad of cress, celery, tomatoes and cucumber	Cheesy pasta bake with broccoli	Tuna, sweetcorn and mayo pasta salad
	Ice cream cones	Banana puree ice cream	Orange jelly	Natural yogurt with dried raisins	Chewy oat and raisin cookies

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

