

# Autumn menu 2020

# Bestwood Park



Week 1	Breakfast	Lunch	Dinner
Monday	A selection of cereals Toast /Fruit Milk/Fresh Juice/Water	Lasagne and Garlic Bread	Sausage Casserole with Yorkshire pudding
Tuesday	A selection of cereals Toast /Fruit Milk/Fresh Juice/Water	Chicken pie, peas and new potatoes	Pizza Muffins wedges and coleslaw
Wednesday	A selection of cereals Toast /Fruit Milk/Fresh Juice/Water	Assorted sandwiches with veggie sticks and dip	Chicken curry with rice and naan bread
Thursday	A selection of cereals Toast /Fruit Milk/Fresh Juice/Water	Cottage pie, mixed vegetables and Yorkshire puddings	Carbonara pasta with garlic bread
Friday	A selection of cereals Toast /Fruit Milk/Fresh Juice/Water	Beans on Toast	Beef Burgers, chips and salad

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Week 2	Breakfast	Lunch	Dinner
<b>Monday</b>	<b>A selection of cereals Toast /Fruit Milk/Fresh Juice/Water</b>	<b>Sausage, beans and waffles</b>	<b>Roast Chicken dinner</b>
Tuesday	A selection of cereals Toast /Fruit Milk/Fresh Juice/Water	Tuna Pasta bake	Butter Chicken with rice
<b>Wednesday</b>	<b>A selection of cereals Toast /Fruit Milk/Fresh Juice/Water</b>	<b>Assorted rolls with veggie sticks and dip</b>	<b>Pulled pork cobs with coleslaw and Salad</b>
Thursday	A selection of cereals Toast /Fruit Milk/Fresh Juice/Water	Sausage, mash and Yorkshire puddings	Spaghetti Bolognese
<b>Friday</b>	<b>A selection of cereals Toast /Fruit Milk/Fresh Juice/Water</b>	<b>Taco Boats</b>	<b>Fish, chips and peas</b>

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Week 3	Breakfast	Lunch	Dinner
<b>Monday</b>	<b>A selection of cereals Toast /Fruit Milk/Fresh Juice/Water</b>	<b>Cheesy Pasta</b>	<b>Roast Turkey, stuffing, roast potatoes and vegetables</b>
Tuesday	A selection of cereals Toast /Fruit Milk/Fresh Juice/Water	Sausage beans and scrambled egg	Chicken enchiladas and salad
<b>Wednesday</b>	<b>A selection of cereals Toast /Fruit Milk/Fresh Juice/Water</b>	<b>Assorted wraps and veggie sticks</b>	<b>Chicken curry with rice and Naan Bread</b>
Thursday	A selection of cereals Toast /Fruit Milk/Fresh Juice/Water	Beef mince pie with mash, vegetables and gravy	Meatballs, Pasta and garlic bread
<b>Friday</b>	<b>A selection of cereals Toast /Fruit Milk/Fresh Juice/Water</b>	<b>Fish Fingers, Waffles and Peas</b>	<b>Jacket potatoes with various fillings</b>