All of our lunches are prepared and served by:

Early Years Catering

Autumn/Winter Lunch & Tea Week 2



Tel: 01179 666 112 Email: admin@earlyyearscatering.co.uk Web: www.earlyyearscatering.co.uk

Monday	Roast Chicken in Gravy Roast Quorn Fillet New Potatoes Peas & Sweetcorn Organic Yeo Valley Yoghurt	Scrambled Egg on Toast Tomatoes Fresh Fruit
Tuesday	Mixed Bean Chili Baked Potatoes Organic Yeo Valley Yoghurt	Cheese on Toast Salad Fresh Fruit
Wednesday	Sweet & Sour Pork Sweet & Sour Quorn Rice Organic Yeo Valley Yoghurt	Warmed Pita with Ham/Cheese/tuna Salad Fresh Fruit
Thursday	Fruity Lamb Tagine Soya Tagine Cous Cous Organic Yeo Valley Yoghurt	Chicken & Sweetcorn Pasta Cheese and sweetcorn Pasta Grated Cheese Fresh Fruit
Friday	Mackerel Red Pepper & Tomato Sauce Lentil & Red Pepper Organic Pasta Grated Cheese Organic Yeo Valley Yoghurt	

## About Our Menu

Our menus run on a four-week cycle offering a different range of meals each week, so that your child has the varied diet required to help them develop their tastes and make healthy choices in the future.

All our meat is locally sourced and Farm Assured. All our eggs are free range. We use seasonal vegetables where possible.