



# Bromley Autumn/Winter Menu

## Week 1

	Meat free Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals, Scrambled Eggs with Toast/Muffins, Homemade Malt Loaf, Croissants with Yogurt and Fruit				
AM Snack	Various selection of fresh fruit, crackers, crumpets, pitta and fruit smoothies.				
Lunch	Red Thai Vegetable Curry with Rice	Fish Pie with Hidden Vegetables	Peri-Peri Chicken with Roasted Vegetable Quinoa	Brazilian Beef Stew with Corn Dumplings	Mushroom Stroganoff with Orzo
Pudding	Selection of Fruit	Yogurt with Granola	Variety of Fruit	Yogurt with Fresh Fruit Coulis	Apple and Berry Crumble with Custard
Tea	Cheese and Spinach Pinwheels	Beans on Toast	Margarita Muffins	Soup with Cous Cous	Selection of Sandwiches (Cheese and Egg Mayo)
Pudding	Chocolate and Pear Cake	Selection of Fruit	Cherry Bakewell Cake	Ice Cream Cones	Variety of Fruit

Please speak to a member of staff if you require any allergen information in line with our menus.



# Bromley Autumn/Winter Menu

## Week 2

	Meat free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of Cereals, Porridge with Mango Compote, Yogurt and Granola, Homemade Vegan Brioche Toast				
<b>AM Snack</b>	Various selection of fresh fruit, crackers, crumpets, pitta and fruit smoothies.				
<b>Lunch</b>	Lemon Tuna Pasta with Tomato and Capers	Homemade Pork and Sage Pattie with Parmentier Potatoes and Green Beans	Chicken Fajita Lasagne with Sweetcorn	Beef Goulash with Rice	Salmon and Broccoli Gratin with Roast Potatoes
<b>Pudding</b>	Variety of Fruit	Semolina with Stewed Fruit	Yogurt with Fruit Coulis	Chocolate Sponge with Chocolate Sauce	Yogurt with Granola
<b>Tea</b>	Potato Wedges with Beans	Pesto and Vegetable Bulgar Wheat	Crumpets with Marmite and Cheese	Chicken Ceaser Salad with Croutons	Selection of Wraps with Cheese and Ham
<b>Pudding</b>	Homemade Apple Turnovers	Homemade Fruit Lollies	Vegan Fruit Jelly	Selection of Fruit	Oat and Coconut Cookies

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# Bromley Autumn/Winter Menu

## Week 3

	Meat free Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals, Omelette, Homemade Vegan Fruit Muffins, Yogurt and Fruit Coulis				
AM Snack	Various selection of fresh fruit, crackers, crumpets, pitta and fruit smoothies.				
Lunch	Mexican Vegetable Tear 'n' Share	Chicken and Leek Pie with Mash	Roast Gammon, Cabbage with Roast Potatoes	Turkey Chilli, Rice and Tortilla chips with Sour Cream	Veggie Bites with Cous Cous and Homemade Ketchup
Pudding	Yogurt with Fruit Coulis	Peach and Apple Crumble with Yogurt	Yogurt and Granola	Selection of Fruit	Vegan Fruit Jelly
Tea	Vegetable Cous Cous	Soup and Croutons	Selection of Sandwiches (Cheese and Tuna)	Salmon Caesar Salad With Croutons	Tomato and Cheese Pinwheels
Pudding	Shortbread Cookies	Variety of Fruit	Homemade Mincemeat and Apple Whirls	Ice Cream Cones	Selection of Fruit

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# Bromley Autumn/Winter Menu

## Week 4

	Meat free Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals, Cheese Muffins, Mini Pancakes with Fruit and Yogurt, Hot Cross Buns				
AM Snack	Various selection of fresh fruit, crackers, crumpets, pitta and fruit smoothies.				
Lunch	Sweet Potato and Mixed Bean Cobbler	Greek Lamb and Macaroni Bake	Winter Vegetable Wheels with Mash and Gravy	Chicken Curry with Rice	Fish Fingers, Wedges and Peas
Pudding	Selection of Fruit	Jam Sponge with Custard	Fruity Fromage Frais	Yogurt with Granola	Variety of Fruit
Tea	Potato Wedges with Cheese and Tomato	Vegan Rolls with Vegetable Sticks	Tuna Muffin Melts	Crumpets with Homemade Hummus and Assorted Meze	Roasted Vegetable and Tomato Pasta
Pudding	Sugar Free Banana Bread	Selection of Fruit	Chocolate and Orange Terrine	Homemade Fruit Lollies	Chocolate Chip Cookies

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