



## Wise Owls Autumn/Winter Menu

### Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Snacks (am/pm)</b> Seasonal fruits and veggies, breadsticks, oat cakes, crackers with cream cheese, hummus, guacamole, Eat Real no salt quinoa/ lentil/hummus crisps(GF/VE)				
<b><u>Lunch</u></b>	<b><u>Lunch</u></b>	<b><u>Lunch</u></b>	<b><u>Lunch</u></b>	<b><u>Lunch</u></b>
French Onion soup with baguette and sprinkled with v/ve cheese	Brown lentils shepherd's pie with veggies	Creamy cauliflower cheese pasta bake	Three bean chilli with couscous	Spinach and tofu `ricotta` pastry
<b><u>Pudding</u></b>	<b><u>Pudding</u></b>	<b><u>Pudding</u></b>	<b><u>Pudding</u></b>	<b><u>Pudding</u></b>
Fruit yoghurt	Fruit smoothie	Fruit yoghurt	Sweet potato chocolate brownie (no sugar)	Dried Fruit
<b>Tea</b> <u>Soups/ Salads/ Pastry of the day</u> (see menu on the kitchen door or ask Daria) Yoghurt/fruit/Smoothie for pudding				
*All spreads are dairy free. Vegan cheese, oat/soya milk and gluten free options available.				

### Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Snacks(am/pm)</b> Seasonal fruits and veggies, breadsticks, oat cakes, crackers with cream cheese, guacamole, hummus, Eat Real no salt quinoa/ lentil/hummus crisps (GF/VE)				
<b><u>Lunch</u></b>	<b><u>Lunch</u></b>	<b><u>Lunch</u></b>	<b><u>Lunch</u></b>	<b><u>Lunch</u></b>
Cinnamon, ginger coconut red lentil dhal with poppadum's	Spanish Patatas Bravas (Baked potatoes with herbs) served with green beans and sprinkled with cheese	Mushroom and white beans 'meatballs' with pasta, sprinkled with nutritional yeast and fresh parsley	Brazilian black beans stew Served with couscous	Ve/V pizza with hummus and roasted veggies
<b><u>Pudding</u></b>	<b><u>Pudding</u></b>	<b><u>Pudding</u></b>	<b><u>Pudding</u></b>	<b><u>Pudding</u></b>
Fruit yoghurt	GF Banana Bread (no sugar)	Dried Fruits	Fruit yoghurt	Fruit smoothie
<b>Tea</b> <u>Soups/ Salads/ Pastry of the day</u> (see menu on the kitchen door or ask Daria) Yoghurt/ fruit/Smoothie for pudding				
*All spreads are dairy free, vegan cheese, oat/soya milk and gluten free options available.				

