



MENU (Autumn 2016)

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Choice 1	Chicken & Lentil Curry with Cous Cous	Roast Beef & Yorkshire Pudding	Chilli Con Carne	Bacon & Leek Risotto	Fish of the day
Main Choice 2	Pork Meatballs	Salmon Fish cake	Make your own Chicken Wrap with a range of salad and sauces	Mini Muffin Omlette	Chefs Special
Vegetarian Choice	Quorn Meatballs	Lentil roast Yorkshire Pudding	Sweet Potato & Chickpea Curry	Home made Pizza With a variety of toppings	Chefs Special
Accompaniments	Pasta Twists Green Beans Broccoli	Roast potatoes Carrots Cauliflower	Mange Tout Rice	Potato Wedges Sweetcorn	Chips Peas Baked beans
Jacket Potato	Tuna & Mayo Baked Beans	Cheese Baked Beans	Prawns Baked Beans	Egg Mayo Baked Beans	Coleslaw Baked Beans
Sandwich	Ham Salad Cheese & Pickle Tuna & Mayo	Chicken Ceaser Feta & Salad Tuna & Sweetcorn	Beef Salad Cheese Egg & Cress	Chicken Tikka Cheese & Tomato Tuna & cucumber	BLT Cheese & coleslaw Tuna
Dessert	Apple Crumble & Custard	Fruit Jelly	Chocolate Beetroot Cake & Custard	Mango & Ice Cream	Yoghurt



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Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Choice 1	Beef Bolognese & Pasta Twirls	Turkey Fillet Yorkshire Pudding	Gammon & Leek Pie	Chicken & Broccoli Pasta Bake	Fish of the day Chipped Potatoes Peas Baked Beans
Main Choice 2	Pork Chow Mein	Macaroni Cheese	Turkey Meatballs	Home made Pizza With a variety of toppings	Chefs Special
Vegetarian Choice	Creamy Tomato & Mushroom Sauce with Pasta Twirls	Quorn fillet Yorkshire Pudding	Stuffed Pepper / Mushroom	Mushroom Stroganoff	Chefs Special
Accompaniments	Green Veg Medley	Roast Potatoes Roast Parsnip Broccoli	Baby new potatoes Carrots Green Veg Medley	Sweetcorn Rice	Chipped Potatoes Peas Baked Beans
Jacket Potato	Chicken Tikka Baked Beans	Tuna & Sweetcorn Baked Beans	Egg & Cress Baked Beans	Prawns Baked Beans	Cheese Baked Beans
Sandwich	Sausage & Bacon Cheese Tuna & Sweetcorn	Ham Salad Cheese & Pickle Prawn	Chicken Tikka Cheese Salad Tuna & Mayo	Turkey Salad Mozzerella Tomato & Basil Tuna & Cucumber	Chicken & Bacon Cheese & Tomato Tuna & Cucumber
Dessert	Apricot Sponge & Custard	Ice cream & Raspberries	Fruit Jelly	Chocolate Sponge & Custard	Yoghurt



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Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Choice 1	Lasagne	Pork Steak Apple Sauce Yorkshire Pudding	Turkey & Vegetable Hotpot	Moroccan style Lamb Tagine	Fish of the day
Main Choice 2	Chicken & Pepper Risotto	Lamb Meatballs	Homemade Pizza With a variety of toppings	Make your own Chicken Wrap with a range of salad and sauces	Chefs Special
Vegetarian Choice	Mushroom Carbonara	Baked quorn sausage	Cauliflower Cheese	Tofu & Chickpea Curry	Chefs Special
Accompaniments	Garlic Bread Broccoli Sweetcorn	Roast Potatoes Carrots Cabbage	Baked Potato Wedges Roasted Vegetables	Cous Cous Green Beans	Chipped Potatoes Peas Baked Beans
Jacket Potato	Egg & cress Baked Beans	Chicken Tikka Baked Beans	Tuna & Mayo Baked Beans	Coronation Chicken Baked Beans	Cheese Baked Beans
Sandwich	Coronation Chicken Tuna & Mayo Cheese	Turkey Salad Egg & Cress Cheese & Pickle	Pulled Pork Tuna & sweetcorn Cheese Tomato	Ham Salad Cheese & coleslaw Smoked Salmon & watercress	B L T Tuna & Cucumber Cheese Salad
Dessert	Ice Cream & Fruit Cocktail	Chocolate Sponge & Custard	Fruit Jelly	Eves Pudding & Custard	Yoghurt