



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main	Macaroni cheese with ham served with garlic bread & mixed salad	Beef stew with rosemary Paprika diced potatoes & garden peas	Pork sausage & Yorkshire pudding accompanied mashed potatoes, cabbage & pan gravy	Chinese chicken with honey and soy served with rice Served with sweetcorn & salad	Breaded Catch of the Day with chipped potatoes & garden peas
Vegetarian Main	Macaroni cheese served with garlic bread and salad	Vegetarian Sausages Yorkshire pudding Paprika potatoes & garden peas	Veggie cottage pie with a sweet potato top, cabbage & pan gravy	Vegetable Balti served with, mango chutney, Rice & Naan Bread	Haloumi and roasted vegetable pitta served with chipped potatoes and mixed leaf salad
Dessert of the Day	Apple crumble served with custard or fruit pot	Strawberry cheesecake or fresh fruit	Vegetarian raspberry jelly or fresh fruit pot	Cherry pie with custard or layered fruity yogurt pot	Selection of cakes, yogurts or fresh fruit pot
Grab 'n' Go	Folded Naan with lemon and herb chicken & salad	Fish burger in a bun with tartare sauce and salad	Pasta pot with a chicken and basil sauce	Pulled pork in a brioche bun	Pitta Bread with Tandoori chicken served with salad
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main	Beef bolognaise Served with home made herby bread and green beans	Chicken Fajita wrap served w it steamed rice and mixed leaf salad	Roast Turkey Roast potatoes & carrots & pan gravy	Steak short crust pastry pie served with herby new potatoes and carrots	Southern style chicken burger Served in a bun with chipped potatoes & peas
Vegetarian Main	Cheesy bean shortcrust pie new potatoes and peas	Vegetable lasagne served With home baked bread & seasonal salad	Squash and pepper wellington, Roast potatoes & carrots & pan gravy	Veggie Mince in a Taco shell with cheese savoury rice, and mixed leaf salad	Quorn cheese burger in a bun with chips & peas or salad
Dessert of the Day	Lemon drizzle cake or fresh fruit pot	Layered fruit yoghurt or fresh fruit pot	Chocolate Mousse with chocolate curls or fresh fruit pot	Apple and berry crumble served with cream or fresh fruit pot	Selection of cakes, yoghurts and fresh fruit
Grab 'n' Go	Fish finger wrap with fresh salad	Pepperoni panini with cheese	Chilli beef pasta pot	Red Thai chicken with rice	Tomato and basil pasta pot

*Our menu provides a variety of dishes made from quality ingredients, cooked onsite for the optimum taste experience*

*A selection of sandwiches and Jacket Potatoes are offered daily in addition to the main meals*



## Autumn Menu 2019

NEW FUSION TO FRESH  
TASTY & CRUNCHY  
**DELICIOUS**

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main	Penne pasta with a creamy chicken alfredo sauce served with garlic bread and mixed leaf salad	Roast Gammon with roast potatoes, savoy cabbage and gravy	Breaded Cajun chicken escalope Savoury rice & vegetables	Beef lasagne served with home made bread, and sweetcorn	Stir fried pork noodles served with peas
Vegetarian Main	Quorn filet with lemon pesto & garlic new potatoes and vegetable of the day	Roasted vegetable puff pastry twist served with roast potatoes, savoy cabbage and gravy	Three bean chilli with steamed rice, sour cream and nachos served with salad	Flat bread with baked squash, haloumi and oregano served with mint yoghurt and leaf salad	Quorn sausage hot dog with chipped potatoes and beans
Dessert of the Day	Jam and coconut sponge with custard or fresh fruit pots	Vanilla ice cream, or fresh fruit pot	Layered fruit yogurt or fresh fruit pot	Chocolate sponge & custard or fresh fruit pot	Selection of cakes, yogurts or fresh fruit pot
Grab 'n' Go	BBQ chicken in a brioche bun & salad	Fusilli pasta pot with a herb and tomato sauce	Ham and cheese panini	Tandoori chicken rice pot	Chicken and beef sausage in a freshly baked roll

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main	Mediterranean chicken skewer, roasted vegetables and pepper rice	Vegetable pasta bake topped with cheese served with garlic bread	Sausage meatballs, served in tomato sauce with pasta	Roast chicken breast with gravy Roast potatoes & peas	Burger in a Bun Chipped potatoes, peas or coleslaw
Vegetarian Main	Chick pea and sweet potato stew with pepper rice & minted peas	Vegetable pasta bake topped with cheese served with garlic bread	BBQ Quorn filet folded nan, rice and salad	Country vegetable pie with lentils served with roast potatoes & peas	Bean burger in a bun with chipped Potatoes, peas or coleslaw
Dessert of the Day	Coconut cake or fresh fruit pot	Layered fruity yoghurt pot or fresh fruit salad	Cherry oatmeal crumble with custard or fresh fruit	Strawberry jelly or fresh fruit pot	Selection of cakes, yogurts or fresh fruit
Grab 'n' Go	Beef bolognaise pasta pot	Chicken fajita and rice pot	Deep crust pizza slice with tomato and cheese	Stir fried veg noodle pot with hoi sin sauce	Peri Peri chicken rice pot

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