

Autumn/Winter Menu—Week 1

W/C: 4/9, 25/9, 16/10,
13/11, 4/12

1	Meat-Free	Classics	Roast	World Food	Fast food
	Monday	Tuesday	Wednesday	Thursday	Friday
MAINS	<i>Quorn & mushroom pie</i>	<i>Chicken and mushroom pie</i>	<i>Roast Turkey</i>	<i>Moroccan chicken</i>	<i>Fish or fish fingers</i>
	<i>Pasta with creamy tomato sauce (vg)</i>	<i>Green Macaroni cheese</i>	<i>Vegetable tray-bake</i>	<i>Chickpea burger (vg)</i>	<i>Cheese & tomato Quiche</i>
SIDES & VEG	<i>Garlic bread</i>	<i>New potatoes</i>	<i>Roast potatoes</i>	<i>Cous cous</i>	<i>Chips</i>
	<i>Roast Italian veg</i>	<i>Peas</i>	<i>Parsnips</i>	<i>Pitta & houmous</i>	<i>Baked beans</i>
	<i>Sweetcorn</i>	<i>Baby carrots</i>	<i>Green beans</i>	<i>Roast Peppers</i>	<i>Corn on the cob</i>
	<i>Salad of the day</i>	<i>Salad of the day</i>	<i>Salad of the day</i>	<i>Salad of the day</i>	<i>Salad of the day</i>
PUDDING	<i>Chocolate Orange shortbread</i>	<i>Muesli bar</i>	<i>Eve's pudding</i>	<i>Carrot cake</i>	<i>Gingerbread person</i>

Bread, salad items, yogurts, jacket potatoes and fresh fruit available every day

Milk available

Autumn/Winter Menu—Week 2

W/C: 11/9, 2/10, 30/10,
20/11, 11/12

2	Meat-Free	Classics	Roast	World Food	Fast food
	Monday	Tuesday	Wednesday	Thursday	Friday
MAINS	<i>Tortellini in tomato sauce</i>	<i>Pasta bolognaise</i>	<i>Roast lamb</i>	<i>Butter chicken curry</i>	<i>Fish or fishcake</i>
	<i>Spiced veg pasty (vg)</i>	<i>Cheese & leek sausages</i>	<i>Cauliflower or broccoli cheese</i>	<i>Quorn & chickpea tikka masala (vg)</i>	<i>Pizza</i>
SIDES & VEG	<i>Bread rolls</i>	<i>Spiced bulgur wheat</i>	<i>Roast potatoes</i>	<i>Naan bread</i>	<i>Chips</i>
	<i>Cauliflower</i>	<i>Red cabbage</i>	<i>Yorkshire puddings</i>	<i>Okra</i>	<i>Baked beans</i>
	<i>Sweetcorn</i>	<i>Creamed spinach</i>	<i>Carrots</i>	<i>Rice</i>	<i>Peas</i>
	<i>Salad of the day</i>	<i>Salad of the day</i>	<i>Salad of the day</i>	<i>Salad of the day</i>	<i>Salad of the day</i>
PUDDING	<i>Pineapple sponge pudding</i>	<i>Cheesecake</i>	<i>Mixed berry crumble</i>	<i>Red velvet cupcakes</i>	<i>Yogurt with fruit & toppings</i>

Bread, salad items, yogurts, jacket potatoes and fresh fruit available every day

Milk available

Autumn/Winter Menu—Week 3

W/C: 18/9, 9/10, 6/11,
27/11, 18/12

3	Meat-Free	Classics	Roast	World Food	Fast food
	Monday	Tuesday	Wednesday	Thursday	Friday
MAINS	<i>Pasta bake</i>	<i>Broccoli & salmon bake</i>	<i>Roast Beef</i>	<i>Chicken Tacos</i>	<i>Fish or fish bites</i>
	<i>Noodles & stirfry veg (vg)</i>	<i>Veggie sausage stew (vg)</i>	<i>Neat loaf (veggie mince) (vg)</i>	<i>Veg Enchiladas</i>	<i>Pizza pinwheels</i>
SIDES & VEG	<i>Seeded roll</i>	<i>Mash potato</i>	<i>Roast potatoes</i>	<i>Nachos & dips</i>	<i>Chips</i>
	<i>Broccoli</i>	<i>Peas</i>	<i>Peas</i>	<i>Rice</i>	<i>Baked beans</i>
	<i>Roast butternut Squash</i>	<i>Baked beans</i>	<i>Cabbage</i>	<i>Peas & sweetcorn</i>	<i>Sweetcorn</i>
	<i>Salad of the day</i>	<i>Salad of the day</i>	<i>Salad of the day</i>	<i>Salad of the day</i>	<i>Salad of the day</i>
PUDDING	<i>Banana loaf</i>	<i>Cherry Bakewell tart</i>	<i>Fruit pie</i>	<i>Cornflake tart</i>	<i>Ice cream & fruit</i>

Bread, salad items, yogurts, jacket potatoes and fresh fruit available every day

Milk available

