

Autumn Term



Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
3rd Dec				Kale Tasting Table	
Main Meal	Chilli Con-Carne <i>served with nachos and sour cream</i>	Bangers 'n' Mash <i>served onion gravy</i>	Honey and Thyme Glazed Chicken Breast <i>served with gravy and Yorkshire puddings</i>	Beef Cottage Pie <i>with a gravy</i>	Buttered Cod Fillets or Plain Grilled Pollack Fillets
Vegetarian	Vegetable and Lentil Chili Con-Carne <i>served with rice</i>	Quorn Jambalaya <i>with vegetables of the day</i>	Pumpkin Risotto	Vegetarian Cottage Pie <i>with cheesy mashed and vegetarian gravy</i>	Homemade Open Bean Burger
Alternative	Oven Baked Jacket Potato <i>with cheese and baked beans</i>	Penne Pasta <i>with nut free green pesto</i>	Oven Baked Jacket Potato <i>with tuna mayonnaise</i>	Tomato and Basil Pasta Bake	Red Onion and Cheese Potato Skins
Vegetables	Mexican Rice Green Beans Sweetcorn	Mashed Potatoes Broccoli	Roast Potatoes Kale Mint Peas	New Potatoes Green Beans Cauliflower	Chips Peas Baked Beans
Daily Cold Desserts	Grape and Melon Pots	Natural Yoghurt <i>with Apple & Cinnamon compote</i>	Chocolate Orange Cake <i>with chocolate cream</i>	Watermelon Wedge	Traffic Light Fruit Pot
Everyday Dessert	Every day there will be a selection of whole fresh fruit and cut fresh fruit pots, jelly pots, natural yoghurt and toppings				
Daily Salad	Cucumber, Tomatoes, Carrot, Mixed Salad Leaves, Sweetcorn, Grated Cheese, Coleslaw, Tuna or Mackerel Fillets Homemade Bread, Dressings, Pumpkin and Sunflower Seeds				