

Autumn Term



Week 2 12th Nov	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Boneless BBQ Chicken Thighs <i>served with white and brown rice</i>	Minced Lamb Shepherd's Pie <i>served with gravy</i>	Minced Beef and Root Vegetable Wellington <i>with and gravy</i>	Turkey and Mushroom Spaghetti Carbonara <i>with garlic bread and grated parmesan cheese</i>	Breaded Cod Fillets or Grilled Pollack Filets <i>with lemon wedges and homemade tartar sauce</i>
Vegetarian	Sweet Potato Pumpkin Pie	Sweet Bell Pepper filled with summer vegetables and couscous <i>served with a rich tomato sauce</i>	Leek and Mushroom Quiche	Beetroot and Mascarpone Risotto <i>with crushed feta cheese</i>	Falafel Burger <i>served in a bun with tomato relish</i>
Alternative	Oven Baked Jacket Potato <i>with grated cheese and baked beans</i>	Wholemeal Penne Pasta <i>with rich tomato sauce</i>	Oven Baked Sweet Potato <i>with tuna mayonnaise</i>	Grilled Halloumi Cheese, Aubergine, Courgette and Pepper Pitta Pockets <i>served with homemade hummus</i>	Loaded Potato Skins <i>with cheddar cheese, roast peppers and thyme potato skins</i>
Vegetables	Cauliflower Cheese Ratatouille	New potatoes Swede and Parsnips Green Beans	Broccoli Sauté Courgettes Roast Baby Potatoes	Green Beans Carrots	Chips Peas Baked beans
Daily Cold Dessert	Mixed fruit Pots	Banoffee Pie	Fruit Trifle	Melon Wedges	Mango Cheesecake
Everyday Desserts	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				