

# Autumn Term



Week 3 19th Nov	Monday	Tuesday	Wednesday	Thursday Jerusalem Artichokes Tasting Day	Friday
Main Meal	Beef and Tomato Sausages served with cheesy mashed potatoes and gravy	Turkey, Chantenay Carrot and Baby Potato Casserole	Lincolnshire Lamb Hot Pot served with rosemary gravy	Mild Chicken Curry served with coriander rice, raita and poppadum	Breaded Cod Fillet Fish Fingers or Steamed Haddock Fillet
Vegetarian	Roasted Vegetable Paella with homemade focaccia	Swede and Potato Rosti with tzatziki and hummus	Cheddar Cheese and Tomato Tart	Chickpea, Spinach and Pumpkin Tagine with lemon cous cous	Quorn Hot Dogs with caramelized onions and mustard
Alternative	Oven Baked Jacket Potato with tuna mayonnaise	Tomato and Basil Pasta Bake	Sweet Potato Baked Potato with baked beans	Wholemeal Penne Pasta with nut free pesto and black olives	Oven Baked Jacket Potato with grated cheddar cheese
Vegetables	Sweetcorn Green Beans and Broccoli	Mint Peas Swede	Savoy Cabbage Carrot Mash Rosemary New Potatoes	Cauliflower Shredded Cabbage	Chips Baked Beans Peas
Special Cold Dessert	Selection of Melon Wedges	Vanilla Cake	Mixed Fruit Pots	Raspberry Cheesecake	Pineapple and Kiwi Pots
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				