

Autumn Term



Week 1 25/11/2019	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Butchers Cumberland Pork Sausages with creamy mash potatoes	Roast Gammon with Yorkshire pudding and roast potatoes	Beef Meat Balls in Tomato Sauce with spaghetti and garlic bread	Sweet and Sour Chicken with egg noodles and prawn crackers	Chicken Burgers In a Bun served with tomato, cucumber and lettuce
Vegetarian	Vegetarian Sausages with mashed potatoes and onion gravy	Kale and Pumpkin Pasta Bake with rocket salad and grated parmesan	Vegetarian Curry with pilaf rice	Vegetarian Chow Mein with sweet chilli deep	Pitta Bread Pizza
Alternative	Gatehouse Quiche with roast peppers and basil and cherry tomatoes	Vegetarian Lasagne with crushed tomato and basil sauce	Oven Baked Jacket Potato with ratatouille	Wholemeal Pasta Penne with basil and tomato sauce	Vegetarian Burgers
Vegetables	Baked Beans Corn on the Cob	Honey Glazed Roast Carrots Steamed Savoy Cabbage	Sauté Courgette and Spinach French Beans	Sweetcorn Broccoli	French Fries Baked Beans Garden Peas
Daily Cold Dessert	Carrot and Cinnamon Cake	Oat and Date Homemade Biscuits	Watermelon Slices	Chocolate and Pumpkin Cake	Yoghurt and Jelly Bar
Daily 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, Tomato, Carrot, Mixed Salad Leaves, Sweetcorn, Grated Cheese, Coleslaw, Homemade Bread, Mix Bean Salad, Dressings, Pumpkin And Sun Flower Seeds				



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Week 2 02/12/2019	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Fish Goujons Or Sea Food Paella	Lemon and Herb Coated Boneless Chicken Thighs <i>with homemade focaccia</i>	Minced Lamb Shepherd's Pie <i>with carrot and potato mash and gravy</i>	Spaghetti with Minced Beef Bolognese <i>with garlic bread</i>	British Beef Burgers with Sliced Cheese
Vegetarian	Tortilla Española <i>with tomato and rocket salad</i>	Vegetable Samosas	Dhal, Pumpkin and Spinach Curry	Kristina`s Vegetarian Cheese and Potato Bake	Vegetarian Burgers with Sliced Cheese
Alternative	Oven Baked Sweet Potato <i>with vegetarian bolognese sauce</i>	Wholemeal Pasta Penne <i>with nut free green pesto and grated parmesan cheese</i>	Oven Baked Jacket Potato <i>with tuna mayonnaise</i>	Pasta Twist <i>with a rich tomato sauce</i>	Macaroni Cheese Bake
To Go with	Creamy Mashed Potatoes Baked Beans Sweet Corn	Rice and Peas Roasted Mixed Vegetables Steamed Broccoli	Roast potatoes Steamed Kale Honey Glazed Carrots	Rainbow Chard Sauté Courgette	Chips Peas Baked Beans
Daily Cold Dessert	Mixed Fruit Pots	Lemon and Ginger Biscuits	Kale Sponge Cake	Carrot and Cinamon Cake	Yoghurt Bar <i>with toppings</i>
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, Tomato, Carrot, Mixed Salad Leaves, Sweetcorn, Grated Cheese, Coleslaw, Homemade Bread, Mix Bean Salad, Dressings, Pumpkin And Sun Flower Seeds				

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Week 3 09/12/2019	Monday	Tuesday	Wednesday Christmas Lunch	Thursday	Friday
Main Meal	Beef Chilli Con carne <i>with guacamole, sour cream, salsa and nachos</i>	Cumberland Pork Sausages <i>with rosemary gravy</i>	Roast Turkey or Gammon <i>with Yorkshire pudding and gravy</i>	Cod Fillet Fish Fingers <i>with lemon mayo</i>	MERRY CHRISTMAS AND HAPPY NEW YEAR TO ALL
Vegetarian	Vegetarian Chilli Con Carne	Chargrilled Vegetables and Feta Cheese Wraps <i>served with hummus</i>	Vegetarian Wellington <i>with cranberry sauce</i>	Macaroni Cheese Bake	
Alternative	Oven Baked Jacket Potato <i>with vegetarian chilli con carne</i>	Pasta Twist <i>with tomato and red bell sauce</i>	Oven Baked Jacket Potato <i>with cheese and baked beans</i>	Falafel and Hummus Wraps	
Vegetables	Fluffy rice Sweetcorn Glazed Carrots	Mashed Potatoes Green Beans Baked Beans	Roast Potatoes Pigs in Blanket Brussel Sprouts, Roast Parsnip, Peas and Carrots	Baked Beans Peas Chips	
Special Cold Dessert	Watermelon Slices	Orange and Vanilla Cake	Chocolate Chip Cookies Minced Pies	Oat and Sultana Biscuits	
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, Tomato, Carrot, Mixed Salad Leaves, Sweetcorn, Grated Cheese, Coleslaw, Homemade Bread, Mix Bean Salad, Dressings, Pumpkin And Sun Flower Seeds				