

Autumn Menu 2020 – Week One



Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Sweet & Sour chicken	Pork sausages with vegetable gravy	“Pasta my way..” 50/50 wholemeal Spaghetti pasta with: Beef & vegetable bolognese	Ham, mozzarella and basil pizza	“Sustainable Friday” 100% cod jumbo fish fingers
Meat Free	Chinese vegetable noodles	Quorn sausages with vegetable gravy	50/50 wholemeal Spaghetti pasta with: Vegetable bolognese	Tomato, mozzarella & basil pizza and crudités	Stuffed pepper halves with cous cous and mushroom
Alternative	Tuna wrap & crudités	Pasta with tomato sauce	Jacket potato with cream cheese	Cheese sandwich & crudités	Pasta with a creamy mushroom sauce
On The Side	Brown rice & broccoli	Mashed potato & steamed carrots	Cucumber chunks, grated carrot & cherry tomatoes	Coleslaw and potato salad	Steamed peas & Chipped potatoes
Dessert	Cranberry flapjack	Shortbread biscuits	Sticky orange & lemon cake	Carrot cake	Oatmeal cookie
Every Day	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit

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Main Meal	Turkey Stroganoff	Chilli Con Carne	Sticky BBQ boneless chicken thighs with salsa	Lamb Shepherd's pie	100% cod fish fingers
Meat Free	'Nut free' pesto pasta	Soya mince "sausage" roll	Mild Bean & sweet potato chilli	Falafels with sweet chilli mayonnaise	Spinach and Ricotta Tortellini with red pepper sauce
Alternative	Jacket potato with cheese	Cheese sandwich & crudités	Tuna wrap & crudités	Pasta with tomato sauce	Mushroom stir fried rice GF suitable
On The Side	Pasta tagliatelle & green beans	Turmeric rice and carrots	Citrus rice and sweetcorn	New potatoes and broccoli	Chunky chipped potatoes, baked beans & steamed peas
Dessert	Orange cake	Banana and date flapjack	Carrot cake	Strawberry jelly	Beetroot cake
Every Day	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit

Autumn Menu 2020 – Week Three



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Friday

Main Meal	Grilled Turkey with Mediterranean rice and edamame beans	Chicken Chow Mein	50/50 wholemeal fusilli pasta with Beef meatballs and a tomato sauce	Mild Beef & tomato curry	Tuna Fishcakes
Meat Free	Cauliflower & Broccoli cheese bake	Quorn Jambalaya	Macaroni cheese	Sweet potato tagine	Butternut squash risotto with herbs
Alternative	Tuna wrap & crudité's	Cheese sandwich & crudities	Jacket potato with cheese	Pasta with tomato sauce	Wholemeal Pasta with ratatouille
On The Side	Coleslaw and garden salad mix	Noodles Green beans	Cucumber chunks, grated carrot & cherry tomatoes	Steamed rice and peas	Chipped potatoes and garden peas
Dessert	Fruity flap jack	Oat & sultana biscuits	Apple & cinnamon cake	Lemon and lime cake	Banana cake
Every Day	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit