

Autumn Menu 2020 – W/C 12th Oct



Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal	Sweet & sour chicken	Pork sausages with vegetable gravy	50/50 wholemeal spaghetti pasta with: Beef & vegetable bolognese	Ham, mozzarella and basil pizza	100% cod jumbo fish fingers
Vegan	Chinese vegetable noodles Vegan	Vegan sausages with vegetable gravy Vegan Not suitable for Egg Allergies	Spaghetti with Vegetable bolognese Vegan	Tomato, sweetcorn & basil pizza Vegan	Cous cous stuffed roasted pepper Vegan
Alternative Suitable for a Gluten Free Diet	Jacket potato with tuna and sweetcorn mayonnaise GF	Super green risotto GF & Vegan	Pea and feta Frittata GF	Penne pasta with tomato sauce GF & Vegan	Fried rice with oriental vegetables and a sweet mild chilli sauce GF & Vegan
On The Side	Brown & white rice Broccoli	Mashed potato & steamed carrots	Cucumber chunks, grated carrot & cherry tomatoes	Potato wedges and broccoli	Steamed peas & chipped potatoes
Dessert	Marble cake	Lemon shortbread	Raspberry crumble bar	Fruit pot	Beetroot cake
Every Day	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit

Autumn Menu 2020 – W/C 26th Oct



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chilli con carne	Turkey stroganoff	Sticky BBQ boneless chicken thighs with salsa	Lamb shepherds pie	100% cod fish fingers
Vegan	Mild bean & sweet potato chilli Vegan	Pasta served with arrabiata sauce Vegan	White butter bean & Greek salad in a wrap Vegan	Vegetable pie topped with Sweet potato Vegan	'Fishless' fish finger Vegan
Alternative Suitable for a Gluten Free Diet	Chickpea & Vegetable Ghoulash GF & Vegan	Houmous and roasted vegetable wrap & crudités GF & Vegan	Mushroom Stroganoff GF & Vegan	Falafels with sweet chilli dressing with salad and pitta bread GF & Vegan	Penne pasta with a creamy chicken sauce GF
On The Side	Turmeric rice and carrots	Tagliatelle & green beans	Braised rice and sweetcorn	Mixed root vegetables	Chunky chips, baked beans & steamed peas
Dessert	Orange cake	Banana and date flapjack	Carrot & Sultana cake squares	Strawberry Jelly	Oatmeal sultana cookie
Every Day	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit

Autumn Menu 2020 – W/C 2nd Nov



Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Turkey with Mediterranean rice and edamame bean	Chicken chow mein	50/50 wholemeal fusilli pasta with Beef meatballs and a tomato sauce	Macaroni cheese	Fish Goujons
Vegan	Cauliflower & broccoli cheese bake Vegan	Jackfruit stir fry with Chinese greens Vegan	Pilaf herby rice with green beans Vegan	Sweet potato tagine Vegan	Butternut squash risotto with herbs Vegan
Alternative Suitable for a Gluten Free Diet	Herby quinoa & roasted peppers with feta and a pomegranate dressing GF	Baked sweet potato with a black bean, avocado and pineapple salsa GF & Vegan	Roasted Vegetable and Pesto Wrap GF & Vegan	Jacket potatoes with garlic mushrooms GF & Vegan	Kale, red onion potato patties with salsa GF
On The Side	Medley of vegetables	Noodles Green beans	Cucumber chunks, grated carrot & cherry tomatoes	Steamed cous cous and roast carrots	Chips and garden peas
Dessert	Berry & lime cake	Orange jelly pot	Apple & cinnamon cake	Fruit pot	Banana cake
Every Day	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit