

### Autumn Term 2018 Week 1

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Hot Meal	Hot Meal	Hot Meal	Hot Meal	Hot Meal
Organic Beef Meatballs in Spicy Tomato Sauce With Pasta	Chicken Tikka Masala & Rice with Naan Bread	Roast Beef & Yorkshire Puddings Roast Potatoes	Homemade Sausage Roll with Potato Wedges & Baked Beans	Crispy Battered Fish & Chips
Potato Leek & Bacon Bake	Beef Lasagne with Garlic Bread	Pork Char Siu with Noodles	Spanish Style Chicken Bake	Chilli con Carne & Rice
<b>v</b> Stuffed Peppers	<b>v</b> Cheese & Broccoli Quiche with Diced Potatoes	<b>v</b> Bean Quesadillas with Roast Potatoes	<b>v</b> Vegetable/Quorn Curry & Rice	<b>v</b> Macaroni Cheese with Garlic Bread
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Broccoli Sweetcorn	Medley of Vegetables	Savoy Cabbage Carrots	Green Beans Cauliflower	Sweetcorn Peas
Dessert	Dessert	Dessert	Dessert	Dessert
Iced Autumn Berry Sponge	Date & Oat Squares & Custard	Autumn Apple & Cinnamon Crunch Crumble & Custard	Coconut Rice Pudding with Pineapple	Fruity Gingerbread & Custard

### Autumn Term 2018 Week 2

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Hot Meal	Hot Meal	Hot Meal	Hot Meal	Hot Meal
Cottage Pie	Paprika Chicken & Rice	Roast Pork & Apple Sauce with Roast Potatoes	Beef Stew & Dumplings with Creamed Potatoes	Crispy Battered Fish & Chips
Pork Calzone with Garlic & Herb Diced Potatoes	Salmon, Leek & Butternut Squash Pie	Sicilian Lamb Hot Pot	Chicken & Leek Pie & Creamed Potatoes	Tex Mex Bake
v Cheese & Tomato Pasta Bake	v Vegetable & Rice Enchiladas	v Potato Leek & Spinach Bake	v Spicy Bean & Vegetable Casserole	v Sweet Lentil Curry & Rice
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Savoy Cabbage Carrots	Green Beans Roasted Parsnips	Sweetcorn Sautéed Leeks	Carrots Broccoli	Peas Beetroot Salad
Dessert	Dessert	Dessert	Dessert	Dessert
Steamed Lemon Sponge & Custard	Forest Fruit Shortcake	Chocolate Fudge Pudding & Chocolate Sauce	Seedy Plum Crumble & Custard	Jam Roly Poly & Custard

### Autumn Term 2018 Week 3

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Hot Meal	Hot Meal	Hot Meal	Hot Meal	Hot Meal
Thai Green Chicken Curry & Rice	Beef Burrito	Roast Chicken & Sage & Onion Stuffing with Roast Potatoes	Minced Beef & Onion Pie with Sweet Potato Mash	Crispy Battered Fish & Chips
Pork & Bean Pot with Mustard Mash	Chicken Casserole with Yorkshire Pudding	Lamb Keema & Rice	Chicken Risotto	Pepperoni Pizza
v Root Vegetable Pie with Diced Potatoes	v Sweet & Sour Vegetables & Rice	v Roasted Vegetable Pasta	v Vegetable Cottage Pie	v Veggie Burger in a Bun
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Peas Sweetcorn	Medley of Vegetables	Cauliflower Broccoli	Red Cabbage Green Beans	Peas Carrots
Dessert	Dessert	Dessert	Dessert	Dessert
Syrup Sponge & Custard	Chocolate & Orange Flapjack	Forest Fruit Crumble & Custard	Plum Upside Down Pudding & Cream	Ground Rice Tart & Custard

## Daily Choice

### Soup

Freshly prepared each day including Vegetable, Butternut Squash, Sweetcorn & Chicken, Roasted Tomato Basil, French onion, Mushroom, Pasta & bean Minestrone, Cream of Chicken served with a selection of home-made bread rolls

### Jacket Potatoes

Baked Jacket Potatoes with a selection of fillings including Cheese, Baked beans, Coleslaw, Curry Sauce

### Pasta / Noodle Pots

Ideal for eating in or out of the dining room we have a selection of pasta and noodle pots

### Sandwiches / Wraps

Our range of sandwiches served of white, wholemeal sliced bread, baguettes, ciabatta, bagels and tortilla wraps include fillings such as egg mayonnaise, ham and tomato, tuna and Sweetcorn, roast beef, coronation chicken, cheese, salad etc.

### Salads

Each day we have a selection of salads available with low fat dressings

### Fresh Fruit / Yoghurt

To complement our dessert choice we have a daily selection of fresh fruit such as apples, oranges and bananas as well as fresh fruit pots, and many flavours of jelly and yoghurt

### Hot and Cold Beverages

We offer a selection of hot beverages including tea, coffee and hot chocolate along with cold drinks such as bottled water, milk and flavoured milk, fruit juice and juice/water drinks