



Autumn Menu 1

WEEKS COMMENCING: 6th Sep / 27th Sep / 18th Oct / 15th Nov / 6th Dec



MEAT FREE MONDAY

OPTION 1 - Quorn Sausage and Vegetable Frittata

OPTION 2 - Vegetable Risotto

SERVED WITH - Seasonal Vegetables and Baked Wedge Potatoes

OPTION 3 - Jacket Potato - Choice of 2 toppings served with carrot and cucumber

DESSERT - Mincemeat Tart

TUESDAY

OPTION 1 - Organic Meatballs

OPTION 2 - Bubble and Squeak Flatbread



SERVED WITH - Wholemeal Spaghetti and Vegetable Medley

OPTION 3 - Jacket Potato - Choice of 2 toppings served with carrot and cucumber

DESSERT - Steamed Chocolate Sponge

WEDNESDAY

OPTION 1 - Lincolnshire Hash Pie

OPTION 2 - Baked Macaroni Cheese Medley



SERVED WITH - Sauté Potatoes and Seasonal Vegetables

OPTION 3 - Jacket Potato - Choice of 2 toppings served with carrot and cucumber

DESSERT - Fresh Fruit Salad

THURSDAY

OPTION 1 - Roast Leg of Pork

OPTION 2 - Mixed Bean Burrito



SERVED WITH - Roast Potatoes / Seasonal Vegetables / Sage and Onion Stuffing

OPTION 3 - Jacket Potato - Choice of 2 toppings served with carrot and cucumber

DESSERT - Mandarin Sponge

FRIDAY

OPTION 1 - Mixed Fish Pasta Bake

OPTION 2 - Welsh Rarebit



SERVED WITH - Peas, Sweetcorn and Baked Herby Potatoes

OPTION 3 - Jacket Potato - Choice of 2 toppings served with carrot and cucumber

DESSERT - Mixed Fruit Flapjack

ALSO AVAILABLE
Salad Bar (except Thursday)
Fresh Fruit
Yoghurt
& Freshly Baked
Wholemeal Bread



Lower Hurst
ORGANIC