



Autumn Menu 2

WEEKS COMMENCING: 13th Sep/ 4th Oct/ 1st Nov/ 22nd Nov/ 13th Dec



MEAT FREE MONDAY

OPTION 1 - Vegetarian Meatballs

OPTION 2 - Sweet and Sour Quorn

SERVED WITH - Wholemeal Pasta and Seasonal Vegetables

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

DESSERT - Ginger and Pear Sponge

TUESDAY

OPTION 1 - Organic Beef Burger with Tomato Salsa

OPTION 2 - Mixed Vegetable Quiche



SERVED WITH - Baked Wedge Potatoes, Peas and Sweetcorn

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

DESSERT - Baked Apple Crumble

WEDNESDAY

OPTION 1 - Chicken Curry

OPTION 2 - Mince Quorn Enchiladas



SERVED WITH - Wholemeal Rice, Naan Bread and Seasonal Vegetables

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

DESSERT - Lemon Sponge

THURSDAY

OPTION 1 - Baked Gammon Ham

OPTION 2 - Vegetable Pizza



SERVED WITH - Roast Potatoes and Seasonal Vegetables

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

DESSERT - Fresh Fruit Salad

FRIDAY

OPTION 1 - Cod and Salmon Fishcake

OPTION 2 - Vegetable Chilli



SERVED WITH - Homemade Baked Beans or Sauté Potatoes

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

DESSERT - Golden Syrup Sponge

ALSO AVAILABLE Salad Bar (except Thursday)

Fresh Fruit

Yoghurt

& Freshly Baked Wholemeal Bread

