



## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Tomato & Basil - <b>V</b>	Broccoli & Stilton – <b>V</b>	Parsnip & Thyme - <b>V</b>	Roasted Butternut Squash & Garlic - <b>V</b>	Autumn Vegetable - <b>V</b>
Meaty mains	Spaghetti & Pork Meat Balls	Piri Piri Chicken Pizza	Lemon, Herb & Garlic Chicken	Braised Beef & Vegetable Pie	Chicken Zinger Burger on a Bun
Veggie mains	Goats Cheese, Spinach & Red Onion Tart - <b>V</b>	Cheese & Tomato Pizza - <b>V</b>	Tomato Linguine - <b>V</b>	Ratatouille stuffed Potato Skins - <b>V</b>	Crispy Brie & Red Onion Jam - <b>V</b>
Mains	Vegetable Samosa with Curry Sauce - <b>V</b>	Cajun Spiced Cod & Basil Butter - <b>F</b>	Mexican Bean Enchiladas - <b>V</b>	Vegetable Sausages with gravy - <b>V</b>	Breaded Cod Fillet - <b>F</b>
Jackets	Served daily with a selection of fillings, Tuna – Cheese - Beans				
Pastas	Served daily with Beef Bolognese or Tomato Sauce				
Sides	Herby Rice Broccoli Sweetcorn & Peppers	Potato Wedges Green Beans Ratatouille	Herby Crushed Potatoes Carrots Mixed Vegetables	Mash Potato Vegetable Medley Braised Cabbage	Chips Peas Baked Beans
Hot sweets	Oaty Caramel Apple Crumble	Chocolate & Ginger Cake	Lemon Bakewell	Berry Sponge	Double Chocolate Crunch



	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Tomato, Leek & Spinach - <b>V</b>	Carrot & Coriander - <b>V</b>	Sweet Potato, Chilli & Coconut - <b>V</b>	French Onion - <b>V</b>	Autumn Vegetable - <b>V</b>
Meaty mains	Sticky Sweet & Sour Chicken	Pepperoni Pizza	Peri Peri Chicken Leg	Beef Lasagne with Garlic Bread	Chicken Zinger Burger on a Bun
Veggie mains	Cheese & Onion Pasty - <b>V</b>	Mozzarella & Pesto Pizza - <b>V</b>	Pad Thai Vegetable Stir-Fry - <b>V</b>	Vegetarian Sausage Roll - <b>V</b>	Mediterranean Flatbread - <b>V</b>
Mains	Tuna Pasta Bake - <b>V</b>	Herb Crusted Cod & Parsley Sauce - <b>F</b>	Leek & Spinach Risotto - <b>V</b>	Sweet Potato & Spinach Gratin - <b>V</b>	Crispy Battered Cod with Tartar Sauce - <b>F</b>
Jackets	Served daily with a selection of fillings, Tuna – Cheese - Beans				
Pastas	Served daily with Beef Bolognese or Tomato Sauce				
Sides	Savoury Rice Broccoli Sliced Green Beans	Potato Wedges Mediterranean Vegetable Medley Baby Sweetcorn	Bombay Potatoes Carrots Buttered Cabbage	Herby Diced Potatoes Seasoned Green Beans Courgettes in Tomato & Garlic	Chips Peas Baked Beans
Hot sweets	Apple & Pear Crumble	Sprinkle Sponge	Jammy Shortbread	Chocolate Fudge Cake	Chocolate Crunch with Chocolate Sauce



	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Cream of Tomato & Basil - <b>V</b>	Chickpea & Mixed bean Broth - <b>V</b>	Green Thai Lentil - <b>V</b>	Minestrone - <b>V</b>	Autumn Vegetable - <b>V</b>
Meaty mains	Chilli & Ginger Chicken	Chicken Tikka Pizza	Roasted Chicken Leg with Sage & Onion Stuffing	Beef Tacos	Chicken Zinger Burger on a Bun
Veggie mains	Vegetarian Meatball Parmigiana - <b>V</b>	Cheese & Tomato Pizza - <b>V</b>	Tomato, red Pepper & Mozzarella Parcel - <b>V</b>	Sweet Potato & Butternut Squash Korma - <b>V</b>	Vegetarian Burger & Tomato Relish - <b>V</b>
Mains	Garlic Mushroom Tagliatelle - <b>F</b>	Smoked Haddock & Leek Fishcake - <b>F</b>	Quorn Cottage Pie - <b>V</b>	Four Cheese Penne Pasta - <b>V</b>	Crispy Battered Cod with Mushy Peas - <b>F</b>
Jackets	Served daily with a selection of fillings, Tuna – Cheese - Beans				
Pastas	Served daily with Beef Bolognese or Tomato Sauce				
Sides	New Potatoes with a Herby Butter Roasted Cumin Carrots Sweet Chilli Sweetcorn	Potato Wedges Spiced Broccoli & Courgette Mixed Vegetables	Roasted Potatoes Savoy Cabbage Cauliflower & Broccoli Cheese	Kashmiri Rice Vegetable Medley Roast Curried Cauliflower	Chips Peas Baked Beans
Hot sweets	Fruit Crumble	Triple Chocolate Sponge	Cornflake Tart	Jam & Coconut Cake	Caramel Chocolate Crunch