



## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Tomato & Basil - <b>V</b>	White Onion & Fennel – <b>V</b>	Mexican Bean - <b>V</b>	Courgette & Garlic - <b>V</b>	Autumn Vegetable - <b>V</b>
Meaty mains	Chinese Chicken Curry	BBQ Chicken Pizza	Pork Sausage with Onion Gravy (Halal Chicken Sausage)	Beef Lasagne with Garlic Bread	Chicken Zinger Burger on a Bun
Veggie mains	Cheese & Onion Slice - <b>V</b>	Mozzarella Cheese, Tomato & Basil Pizza - <b>V</b>	Lentil Keema with Naan Bread - <b>V</b>	Sweet Potato & Mixed Bean Chilli - <b>V</b>	Crispy Brie & Red Onion Marmalade - <b>V</b>
Mains	Garlic Mushroom Penne Pasta - <b>V</b>	Grilled Cod, Roasted Pepper Salsa - <b>F</b>	Quorn Spaghetti Bolognese - <b>V</b>	Spanakopita (Greek Spinach & Feta Pie) - <b>V</b>	Battered Cod Fillet - <b>F</b>
Jackets	Served daily with a selection of fillings, Tuna - Beans - Cheese				
Pastas	Contains: <b>WHEAT</b>		Served daily with Beef Bolognese or Tomato Sauce		May Contain: <b>CELERY</b>
Sides	Egg Fried Rice Baked Tomatoes Mixed Vegetables	Potato Wedges Chilli Broccoli & Whole Green Beans Sweetcorn	Mash Potato Braised Carrot & Thyme Peas	Autumn Potatoes Cauliflower Cheese Green Vegetable Medley	Chips Peas Baked Beans
Hot sweets	Apple & Cinnamon Crumble	Farmhouse Cake	Chocolate & Chilli Fudge Cake	Berry & Vanilla Layer Cake	Chocolate Crunch with Chocolate Sauce



	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Tomato - <b>V</b>	Thai Spiced Carrot – <b>V</b>	Pea & Mint - <b>V</b>	Honey Glazed Parsnip & Red Onion - <b>V</b>	Autumn Vegetable - <b>V</b>
Meaty mains	Fajita Beef Taco	Tandoori Chicken Pizza	BBQ Chicken Leg	Sweet Chilli, Lime & Coconut Beef	Chicken Zinger Burger on a Bun
Veggie mains	Brie & Pepper Tart - <b>V</b>	Rocket Pesto Pizza - <b>V</b>	Cajun Quorn Burrito - <b>V</b>	Cheddar Cheese, Onion & Leek Stuffed Skins - <b>V</b>	Quorn Buttermilk Burger - <b>V</b>
Mains	Vegetable Samosa with Curry Sauce - <b>V</b>	Baked Cod, Parsley Cream- <b>F</b>	Spinach & Basil Frittata - <b>V</b>	Creamy Tomato Linguine - <b>V</b>	Battered Cod Fillet with Tartar Sauce - <b>F</b>
Jackets	Served daily with a selection of fillings, Tuna - Beans - Cheese				
Pastas	Contain: <b>WHEAT</b> Served daily with Beef Bolognese or Tomato Sauce May contain: <b>CELERY</b>				
Sides	Turmeric Potatoes Broccoli Peas & Peppers	Potato Wedges Baked Tomatoes & Cheese Sweetcorn	Patatas Bravas Cheesy Leeks Braised Red Cabbage	Moroccan Rice Roast Parsnips & Carrots Sliced Beans	Chips Peas Baked Beans
Hot sweets	Apple, Pear & Ginger Crumble	Coffee Cake	Lemon & Berry Bakewell	Caramel & Chocolate Layer Cake	Chocolate Crunch



	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Cream of Tomato & Red Pepper - <b>V</b>	Hot & Sour Noodles – <b>V</b>	Broccoli & Stilton - <b>V</b>	Pumpkin & Sweet Chilli - <b>V</b>	Autumn Vegetable - <b>V</b>
Meaty mains	Sticky Soy & Garlic Chicken	Pepperoni Pizza	Tikka Spiced Chicken Leg	Lamb Shepherd's Pie	Chicken Zinger Burger on a Bun
Veggie mains	Vegetable Tikka Masala - <b>V</b>	3 Cheese & Tomato Pizza - <b>V</b>	Mushroom Wellington - <b>V</b>	Quorn Chilli Nachos - <b>V</b>	Cheesy Garlic Bread Slice - <b>V</b>
Mains	Macaroni Cheese - <b>V</b>	Lemon & Herb Fishcake, Jalapeno Salsa Verde - <b>F</b>	Sweet & Sour Quorn Noodles - <b>V</b>	Sun blushed Tomato & Mozzarella Risotto - <b>V</b>	Battered Cod Fillet - <b>F</b>
Jackets	Served daily with a selection of fillings, Tuna – Cheese - Beans				
Pastas	Contain: <b>WHEAT</b>		Served daily with Beef Bolognese or Tomato Sauce May contain: <b>CELERY</b>		
Sides	Coconut Rice Carrots Whole Green Beans	Potato Wedges Broccoli Spiced Sweetcorn	Lyonnais Potatoes Garlic Courgettes Vegetable Medley	Roasted Sweet Potatoes & Peppers Broccoli & cauliflower Cheese Sliced Beans	Chips Peas Baked Beans
Hot sweets	Chocolate Berry Crumble	Orange Swirl Cake	Cookies & Cream Cake	Vanilla & Chocolate Layer Cake	Chocolate Crunch, Caramel Sauce