

Autumn 2019
Week 1



LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

Everyday

Main

Penne Pasta with Roasted Pepper and Tomato Sauce

Homemade Sausage Rolls

Beef Meatballs with Tomato and Basil Sauce

Roast Chicken with Stuffing and Gravy

Jumbo Fish Fingers

Salad Bar

Meat free

Baked Potatoes with Homemade Baked Beans

Roasted Butternut Feta, Rocket and Quinoa

Mediterranean Vegetable Quiche

Beetroot and Pumpkin Wellington

No Chicken "chicken" shawarma

Fresh Fruit Platter

And to go with

Gammon Ham and Grated Cheese Mixed Salad Tomatoes, Cucumber and Garlic Bread

Steamed Carrots, Peas and Broccoli

Penne Pasta Grilled Peppers and Courgette

Roast Potatoes Steamed Broccoli Sugar Snap Peas

Peas & Carrots Oven Chips

Homemade Yoghurt with Toppings

Pudding

Sticky Toffee Pudding with Toffee Sauce

Chocolate Tarts

Treacle Sponge with Custard

Apple Crumble with Custard

Chocolate Cookies

Crudites

Cucumber Sticks

Tomato Moons

Dried Apricot

Pepper Sticks

Cheese Cubes



Autumn 2019
Week 2



LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

Everyday

Main

Spaghetti Bolognese

Lincolnshire Sausages

Chicken Tikka and Vegetable Wrap

Roasted Roast Gammon with Gravy

Pepperoni or Margarita Pizza

Salad Bar

Meat free

Savoury Pancake filled with Roasted Vegetables

Vegetarian Meatballs

Vegetable and Lentil Chilli and Rice

Spinach and Ricotta Ravioli with Tomato Sauce

Broccoli and Cheese Bake

Fresh Fruit Platter

And to go with

Grated Cheese Mixed Salad
Garlic Bread

Mashed Potato Peas and Carrots

Grated Cheese Mixed Leaf Salad
Cucumber and Tomatoes

Roast Potato, Carrots
Cauliflower and Broccoli

Garden Peas and Steamed Carrots

Homemade Yoghurt with Toppings

Pudding

Flapjacks

Sweet Waffles with Banana Chips
chocolate Sauce

Iced Cupcakes

Strawberry Jelly Pots

Cherry Oat Cookies

Crudités

Dried Papaya

Celery Sticks

Carrot Sticks

Pepper Sticks

Tomato Moons



Autumn 2019
Week 3



LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

Everyday

Main

Macaroni with
Cheese Sauce

Cottage Pie

Chicken Tikka Curry

Roast Beef with
Yorkshire Puddings
Gravy

Chicken Goujons

Salad Bar

Meat free

Spiced Chickpea and
Vegetable Bake

Baked Ratatouille
with Mozzarella and
Basil Pesto

Mixed Vegetable
Fajita

Slow-roasted
Tomato & Gruyère
Tart

Butternut and Sage
Gnocchi

Fresh Fruit Platter

And to go
with

Crispy Bacon
Garlic Ciabatta
Green Salad

Steamed Broccoli,
Carrots and Peas

Steamed Rice
Steamed Vegetables

Roast
Potatoes
Broccoli and Carrots

Oven Chips
Garden Peas

Homemade
Yoghurt with
Toppings

Pudding

Pineapple and
Coconut Cake with
Custard

Chocolate Brownie

Marble Cake
with Cream

Raspberry
Shortbread Cookies

Chocolate Sponge
Roll

Crudités

Pepper Sticks

Cheese Cubes

Cranberries

Cucumber Sticks

Sultanas

