

Autumn 2021 Menu						
Week 1						
	Monday	Tuesday	Wednesday	Thursday	Friday	Every Day
Soup	Tomato and Roasted Pepper	Roasted Vegetable	Noodle	Pea and Mint	Tomato and Basil	Baked Potatoes or Pasta with Sauce
Main	Noodle Bar Egg Noodles, Stir-Fried Vegetables, Honey and Soy Chicken	Cumberland Sausages	Minted Lamb Kebabs	Roast Beef Or Roast Chicken	Baked Cod Fillet Or Fish Pie	Turkey, Gammon or Cheese Baguette (subject to availability)
Meat Free	Japanese Pancakes	Vegetarian Sausages with Gravy	Feta and Courgette Fritters	Vegan Shepherd's Pie with Cauliflower Mash	Spinach and Ricotta Pasta Bake	Salad Boxes
And to go with	Steamed Rice and Noodles Carrots, Sugar Snap Peas, Red Onion, Courgette	Mashed Potatoes Peas, Sweetcorn and Carrots	Steamed Basmati Brown Rice Carrots Kale	Roast Potatoes Broccoli, Peas and Carrots	Sauté Potatoes Baked Beans Peas and Carrots	Fresh Fruit Homemade Granola Bars
Pudding	Fresh Fruit Homemade Granola Bars	Chocolate Chip Cookie	Fresh Fruit Homemade Granola Bars	Apple Crumble Cake	Fresh Fruit Homemade Granola Bars	



Autumn 2021 Menu						
Week 2						
	Monday	Tuesday	Wednesday	Thursday	Friday	Every Day
Soup	Tomato and Oregano	Butternut and Sweet Potato	Minestrone	Cauliflower and Cheddar	Tomato and Lentil	Baked Potatoes or Pasta with Sauce
Main	Beef Bolognaise	Grilled Chicken Breast with Chorizo and Tomato Sauce	Tuna Pasta Bake	Roast Gammon or Roast Chicken	Baked Cod in Breadcrumbs	Turkey, Gammon or Cheese Baguette (subject to availability)
Meat Free	Roasted Vegetable Bolognaise	Rainbow Vegetable Chilli	Vegetable and Chickpea Tikka Masala	Macaroni Cheese	Vegetable Tartlet	Salad Boxes
And to go with	Spaghetti, Garlic Bread, Spring Greens, Carrots	Steamed New Potatoes Peas, Sweetcorn and Carrots	Baked Rice Roasted Peppers, Courgettes, Red Onion	Roast Potatoes, Broccoli, Cauliflower, Carrots and Peas	Baked Oven Chips Baked Beans, Peas and Carrots	Fresh Fruit
						Homemade Granola Bars
Pudding	Fresh Fruit Homemade Granola Bars	Vanilla Cupcakes	Fresh Fruit Homemade Granola Bars	Banana Cake	Fresh Fruit Homemade Granola Bars	



Autumn 2021 Menu

Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday	Every Day
Soup	Tomato and Roasted Pepper Soup	Leek and Potato Soup	Mushroom and Rosemary	Thai Style Coconut and Vegetable	Classic Tomato Soup	Baked Potatoes or Pasta with Sauce
Main	Roast Gammon Steak with Cheesy Leek Sauce	Build your own Paella Baked Rice, Chicken and Chorizo, Salmon, Squid Rings, Roasted Mediterranean Vegetables, Prawns	Chicken and Sweet Potato with Smokey Maple-Dijon Sauce	Roast Lamb or Roast Chicken	Homemade Margarita Naan Bread Pizza with Toppings or Garlic and Ginger Baked Salmon	Turkey, Gammon or Cheese Baguette (subject to availability)
Meat Free	Vegetarian Cornish Pasties	Roasted Vegetable Lasagne	Vegetarian Chickpea and Coconut Curry	Cauliflower and Broccoli Bake	Vegetable and Bean Burger	Salad Boxes
And to go with	Wholemeal Pasta Peas, Sweetcorn and Carrots	Boiled Potatoes, Roasted Peppers, Onions and Courgettes	Baked Basmati Rice and Garlic Naan Carrots and Peas	Roast Potatoes, Broccoli, Savoy Cabbage and Carrots	Baked Potato Wedges, Baked Beans, Peas and Carrots	Fresh Fruit
Pudding	Fresh Fruit Homemade Granola Bars	Vanilla Sponge	Fresh Fruit Homemade Granola Bars	Chocolate Muffins	Fresh Fruit Homemade Granola Bars	Homemade Granola Bars



CH
& CO