

Autumn/Winter Menu

1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, Cereal & Toast.	Milk, Cereal & Toast.	Milk, Cereal & Toast.	Milk, Cereal & Toast.	Milk, Cereal & Toast.
Lunch	<u>Main course:</u> Spaghetti bolognaise Garlic bread ✓ <i>Quorn bolognaise with brown pasta. Garlic bread</i>	<u>Main course:</u> Tuna & cheese potato pie Mixed vegetables ✓ <i>Cheese & potato pie Mixed veg</i>	<u>Main course:</u> Sausage & mixed bean hotpot Green beans ✓ <i>Vegetarian sausage & mixed bean hotpot Green beans</i>	<u>Main course:</u> Chicken & mushroom pie Sweet potato mash Peas ✓ <i>Quorn chicken / vegetable pie, sweet potato mash Peas</i>	<u>Main course:</u> Aloo gobi curry Cauliflower Poppadoms
	<u>Dessert:</u> Apple muffins	<u>Dessert:</u> Fruit & cream	<u>Dessert:</u> Muesli bites	<u>Dessert:</u> Homemade fruit flan	<u>Dessert:</u> Rice pudding with dried fruit
Afternoon Snack	Assortment of rolls with carrot batons	Cheese & biscuits with pineapple	Cream cheese bagels and cucumber	Beans on toast	Mackerel pate crackers & fruit

All dishes are made from fresh.. We use some home grown products when available from our garden.

Autumn/winter Menu

2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, cereal & toast	Milk, cereal & toast	Milk, cereal & toast	Milk, cereal & toast	Milk, cereal & toast
Lunch	<u>Main course:</u> Tuna pasta bake Broccoli & Cauliflower ✓ Vegetable pasta bake	<u>Main course:</u> Minted lamb hotpot Mixed vegetables ✓ Quorn mince / vegetable hotpot	<u>Main course:</u> Roast turkey dinner with new potatoes, stuffing, sprouts, & carrots ✓ Quorn chicken / Vegetarian sausage with new potatoes, stuffing, sprouts & carrots	<u>Main course:</u> Cottage pie with carrot & swede mash Green beans ✓ Lentil cottage pie with carrot & swede mash & green beans	<u>Main course:</u> Sweet & Sour chicken Noodles Prawn crackers. ✓ Sweet & Sour quorn chicken with noodles & prawn crackers.
	<u>Dessert:</u> Peaches & cream	<u>Dessert:</u> Fruit crunch	<u>Dessert:</u> Apricot squares	<u>Dessert:</u> Lemon & yoghurt loaf	<u>Dessert:</u> Fruit trifle
Afternoon Snack	Cheese wraps & apple	Sardines on toast & fruit	Tomato & butterbean soup	Vegetable pasta	Pitta pizzas & fruit

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3

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Breakfast	Milk, cereal & toast	Milk, cereal & toast	Milk, cereal & toast	Milk, cereal & toast	Milk, cereal & toast
Lunch	<u>Main course:</u> Ham & mushroom taglietelle Garlic bread ✓ <i>Vegetable taglietelle & garlic bread</i>	<u>Main course:</u> Chicken, chickpea & vegetable risotto with vegetables on the side ✓ <i>Vegetable risotto</i>	<u>Main course:</u> Vegetable curry Rice Naan bread	<u>Main course:</u> Cod pie topped with sweet potato mash Broccoli ✓ <i>Cheese & potato pie topped with sweet potato Broccoli</i>	<u>Main course:</u> Beef stew & dumplings New potatoes & green beans ✓ <i>Lentil & bean stew with new potatoes & green beans</i>
	<u>Dessert:</u> Fromage frais & fruit	<u>Dessert:</u> Apple crumble & cream	<u>Dessert:</u> Jo's homemade fruit flapjacks	<u>Dessert:</u> Homemade banana bread & custard	<u>Dessert:</u> Fruit salad
Afternoon Snack	A variety of snacks, dips & vegetable sticks	Macaroni cheese & cherry tomatoes	Tuna & sweetcorn pitta bread & fruit	Homemade vegetable soup & crusty bread	Turkey sandwiches & Cucumber

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4

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Breakfast	Milk, cereal & toast	Milk, cereal & toast	Milk, cereal & toast	Milk, cereal & toast	Milk, cereal & toast
Lunch	<u>Main course:</u> Jacket potato with a variety of fillings	<u>Main course:</u> Beef lasagne Potatoes & salad ✓ <i>Lentil or quorn mince lasagne with potatoes and salad</i>	<u>Main course:</u> Hidden vegetable pasta bake Garlic bread	<u>Main course:</u> Homemade salmon fishcakes Parsley sauce New potatoes ✓ <i>Vegetable bake with new potatoes</i>	<u>Main course:</u> Chicken enchiladas Rice ✓ <i>Quorn chicken enchiladas & rice</i>
	<u>Dessert:</u> Fruit salad	<u>Dessert:</u> Homemade fruit cheesecake & cream	<u>Dessert:</u> Homemade fruit scones	<u>Dessert:</u> Homemade carrot cake	<u>Dessert:</u> Stewed fruit & custard
Afternoon Snack	Pilchards with wholemeal bread & butter	Toasted teacakes & fruit	Toasted bagels & fresh fruit	Soup of the day & a granary roll	Cheese & tomato toasties & cucumber & carrot batons

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