











AUTUMN MENU 2018



Week 1	Week commencing: 19/11/2018			
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Korma, Rice, Green Beans	Beef Lasagne served with Garlic Bread	Pork Sausage, Mash Potatoes, Gravy, Peas	Beef Meatballs in Tomato Sauce, Penne Pasta	Cod Fish Fingers with Potatoes, Baked Beans
Jacket Potatoes with Cheese and Beans 	Tomato Basil Fusilli Pasta, Green Beans 	Vegetarian Sausage, Mash Potatoes, Gravy 	Margarita Pizza, House Salad 	Three Bean Enchilada, Nachos, Salsa 
Cheese and Cucumber Baguette	Cheese and Salad Wrap	Tuna Salad Sandwich	Ham and Cheese Salad Baguette	Ham and Cheese Salad Baguette
Fresh Fruit, Natural Yogurt	Fruit Salad, Banana & Custard Yogurt	Fresh Fruit, Natural Yogurt	Fruit Salad, Cheese and Cracker	Fruit Friday
Waffle with Fruit	Belgian Chocolate Cake	Lemon Drizzle Cake	Apple Crumble with Custard	Jam Doughnut

Week 2	Week commencing: 26/11/2018			
Monday	Tuesday	Wednesday	Thursday	Friday
Beef Spaghetti Bolognese, Garlic Bread	Pork Hot Dog, Herby Potatoes	Chicken Fajita, Rice, Nachos, Salsa	Ham and Cheese Pasta Bake, Bread	Fish Fingers with Potatoes Beans
Tomato Basil Penne Pasta with Garlic Bread 	Quorn Hot Dog with Herby Potatoes 	Vegetable Chilli, Rice, Nachos, Salsa 	Veggie Bean Burger in Bun, Baked Potatoes 	Mozzarella Tomato Panini 
Mozzarella, Tomato Baguette	Chicken Caesar Salad Sandwich	Tuna, Cucumber Baguette	Ham and Cheese Sandwich	Falafel Hummus Wrap
Fresh Fruit, Natural Yogurt	Fruit Salad, Banana & Custard Yogurt	Fresh Fruit, Natural Yogurt	Fruit Salad, Cheese and Cracker	Fruit Friday
American Pancake with Maple Syrup	Chocolate Muffins	Vanilla Marble Cake	Jam Sponge Cake	Shortbread with Custard

Week 3	Week commencing: 03/12/2018			
Monday	Tuesday	Wednesday	Thursday	Friday
Beef Meatballs Spaghetti with Garlic Bread	Chicken Tikka Masala, Rice, Flat Bread	Beef Burger in Bap, Corn on the Cob	BBQ Chicken Melt, Rice, Green Beans	Cod Fish Fingers with Potatoes Baked Beans
Cheese and Tomato Pizza, House Salad 	Sweet Potatoes and Spinach Curry, Rice 	Quorn Burger in Bap, Corn on the Cob 	Macaroni and Cheese, Garlic Bread 	Vegetarian Sausage with Baked Potatoes 
Mozzarella, Tomato Baguette	Chicken Caesar Salad Sandwich	Tuna, Cucumber Baguette	Ham and Cheese Sandwich	Falafel Hummus Wrap
Fresh Fruit, Natural Yogurt	Fruit Salad, Banana & Custard Yogurt	Fresh Fruit, Natural Yogurt	Fruit Salad, Cheese and Cracker	Fruit Friday
Crêpes with Fruit and Cream	Banana and Honey Cake	Milk Chocolate Cookie with Glass of Milk	Blueberry Muffin	Beetroot Brownie

 Vegetarian option

AVAILABLE DAILY: Salad bar (tomatoes, cucumber, lettuce, carrot sticks, olives, peppers, sweetcorn), Fruit slice (melon, watermelon, orange, banana, apple), Fruit salad (blueberry, raspberry, grapes, mandarins, peach), Fresh milk with biscuits, Seasonal Vegetables, Yeo® organic yoghurt, Cheese & Crackers