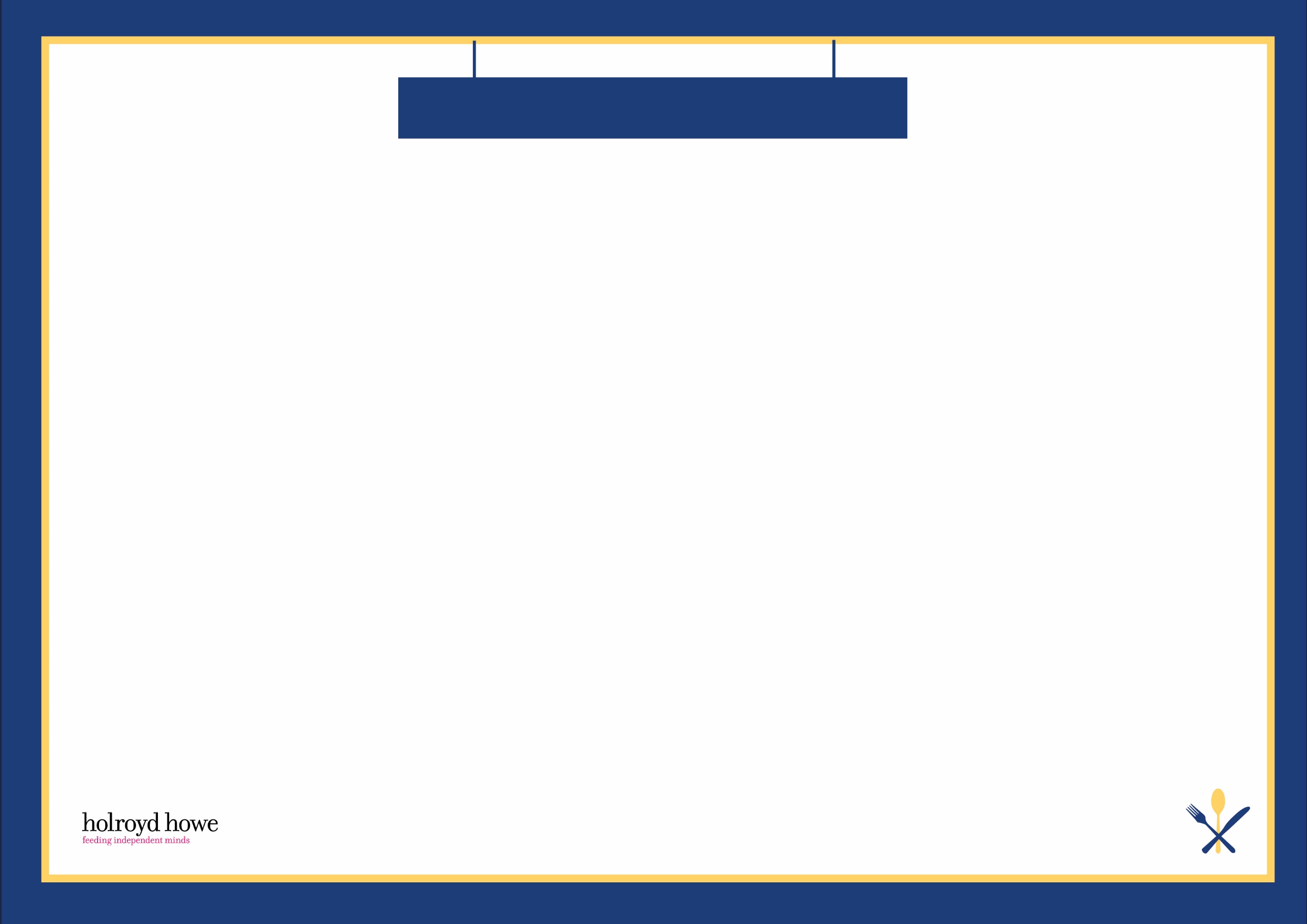
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| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **SOUP** | Chunky Bean and Tomato HotPot Soup | Carrot and Orange soup | Chicken Noodle Soup | Leek and Potato soup | Soup of the Day |
| **MAIN MEAL** | Chilli Con Carne with Cheese, Sour Cream and Tortillas | Thai Green Chicken Curry with Coconut and Coriander | Pork Sausages with Sticky Onions and Gravy | Chicken and Vegetable Stir-Fry with Sweet Chilli and Prawn Crackers | Salmon and Spinach Fish Pie topped with Cheddar |
| **VEGETARIAN** | Quorn and Lentil Chilli | Thai Vegetarian Jungle Curry with Butternut Squash and Coconut | Vegetable Sausages with Sticky Onions and Gravy | Vegetable and Tofu Teriyaki Stir-Fry with Prawn Crackers | Baked Tomato with Goats Cheese & Pesto |
| **ON THE SIDE** | Green beans  Brown rice  Grated cheese  Selection of salads  Tortilla chips | Coconut Rice  Buttered Green Vegetables  Selection of Salads  Brown Baguette | Mashed potatoes  Seasonal Cabbage  Sweetcorn  Selection of Salads  Brown Baguette | Egg noodles  Panache of Vegetables  Selection of salads  Homemade Bread | Broccoli and crushed carrots  Selection of Salads  Brown Baguette |
| **DESSERT** | Chocolate Cookies | Yoghurt with fruit compote  Fresh fruit | Vanilla cheesecake  Fresh Fruit | Beetroot Brownie | Selection of Sliced Fruit  Whole fresh Fruit |



**AUTUMN WEEK 3**