






AUTUMN WINTER MENU 2018




Week 1	Weeks Commencing: 10 th September, 1 st October, 22 nd October, 19 th November, 10 th December				
	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Meat Choice	All Day Breakfast Sausage Scrambled Egg Beans, Tomatoes Breakfast Roll	Mild Chicken Curry Steamed Rice Broccoli & Carrots	100% Beef Steaklets Herby Dice Potato Sweetcorn Roast Vegetables Gravy	Gammon & Pineapple Mashed Potatoes Cauliflower & Peas Gravy	Cod Fish Cakes Chips Mushy Peas & Sweetcorn
Option 2 Vegetarian Choice	Vegetarian Breakfast Vegetarian Sausage Beans, Tomatoes Breakfast Roll	Tuna Pasta Bake Jacket Potato Broccoli & Carrots	Quorn Burgers Jacket Potato Sweetcorn Roast Vegetables	Vegetarian Sausage Roll New Potatoes Cauliflower & Peas	Vegetable Fingers Jacket Potato Mushy Peas & Sweetcorn
Dessert of the Day	Jam or Lemon Tart	Healthy Chocolate Cake Custard	Strawberry Jelly	Cheese and Crackers	Pear Crumble and Custard
Alternative	Fresh fruit will be available daily. A selection of fruit yogurts will also be available daily.				
Added Extras	 Unlimited fresh bread. Self-serve salad bar with a variety of salad items will be available daily.				

Note: Special diets can be catered for and full allergen information is available on request. Please see Catering Supervisor for more information



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Week 2	Weeks Commencing: 17 th September, 8 th October, 5 th November, 3 rd December, 17 th December				
	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Meat Choice	Ham and Pineapple Pizza Herby Dice Potatoes Baked Beans Sweetcorn	Cottage Pie Boiled Potatoes Carrots Cabbage Gravy	Sausage Roll Mash Potato Gravy Peas & Swede	Pork Steaks & Stuffing Mashed Potatoes Gravy Broccoli & Carrots	Salmon Fish Fingers Chips Mushy Peas
Option 2 Vegetarian Choice	Cheese & Tomato Pizza Jacket Potato Sweetcorn	Vegetarian Sausage New Potatoes Carrots Cabbage Gravy	Vegetable Curry Steamed Rice Peas	Cheese & Tomato Quiche New Potatoes Broccoli & Carrots	Quorn Nuggets Jacket Potato Sweetcorn
Dessert of the Day	Chocolate Rice Crispy Cake	Shortbread & Sultanas	Pineapple Sponge Custard	Artic Roll & Sliced Peaches	Lemon Drizzle Cake
Alternative	Fresh fruit will be available daily. A selection of fruit yogurts will also be available daily.				
Added Extras	 Unlimited fresh bread. Self-serve salad bar with a variety of salad items will be available daily.				

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Week 3	Weeks Commencing: 24 th September, 15 th October, 12 th November, 3 rd December,				
	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Meat Choice	Meatballs Pasta Baked Beans	Lamb Hotpot Potato wedges Sweetcorn Gravy	Bangers & Mash Cabbage & Carrots Gravy	Roast Beef & Yorkshire Pudding Mashed Potatoes Cauliflower & Peas Gravy	Small Fry Lightly Battered Fish Chips Mushy Peas
Option 2 Vegetarian Choice	Cheese & Bean Bake Jacket Potatoes Mixed Vegetables	Salmon Wraps Jacket Potatoes Coleslaw	Best of British Quorn Sausage New Potatoes Cabbage & Carrots Gravy	Quorn Chilli Rice Pitta Bread Peas	Macaroni Cheese Garlic Slice Sweetcorn
Dessert of the Day	Cornflour Biscuits	Banana Cake	Raspberry Muffins	Strawberry Angel Delight	Flapjack
Alternative	Fresh fruit will be available daily. A selection of fruit yogurts will also be available daily.				
Added Extras	 Unlimited fresh bread. Self-serve salad bar with a variety of salad items will be available daily.				

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