

# AUTUMN MENU

Week Commencing: 30<sup>th</sup> Oct / 20<sup>th</sup> Nov / 11<sup>th</sup> Dec / 1<sup>st</sup> Jan / 22<sup>nd</sup> Jan / 12<sup>th</sup> Feb / 5<sup>th</sup> Mar / 26<sup>th</sup> Mar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEALS</b> Sticky Honey Glazed Chicken	<b>MAIN MEALS</b> Spaghetti Bolognaise	<b>MAIN MEALS</b> Roast Chicken with Stuffing & Gravy	<b>MAIN MEALS</b> Sausage with Gravy	<b>MAIN MEALS</b> Fish Fingers with Tomato Sauce
<b>VEGETARIAN</b> Spinach, Pea & Red Pepper Frittata	<b>VEGETARIAN</b> Cheese & Tomato Pasta Bake with Garlic Bread and Salad	<b>VEGETARIAN</b> Roast Quorn Fillet & Gravy	<b>VEGETARIAN</b> Vegetable Sausage	<b>VEGETARIAN</b> Lightly Spiced Bean Burger
Selection of seasonal vegetables	Selection of seasonal vegetables	Roasted Potatoes Selection of seasonal vegetables	Mashed Potatoes Selection of seasonal vegetables	Chipped Potatoes Selection of seasonal vegetables
<b>DESSERTS</b> Wholemeal Apple Crumble & Custard Selection of Fruit Yoghurts	<b>DESSERTS</b> Iced Sweet Finger Roll Selection of Fruit Yoghurts	<b>DESSERTS</b> Vanilla Ice Cream with Fresh Fruit Wedges Selection of Fruit Yoghurts	<b>DESSERTS</b> Chocolate Sponge with Chocolate Sauce Selection of Fruit Yoghurts	<b>DESSERTS</b> Jelly with Fresh Fruit Wedges Selection of Fruit Yoghurts

Also available; a selection of seasonal salads, jacket potatoes with various fillings and fresh bread. We always have fresh fruit, chilled water and milk. Allergy information is available on request.

SPECIAL DAYS	November Bonfire Night	December Track Santa	December Christmas Lunch	Friday 16th Feb Chinese New Year	February Pancake Day
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# AUTUMN MENU

Week Commencing: 6<sup>th</sup> Nov / 27<sup>th</sup> Nov / 18<sup>th</sup> Dec / 8<sup>th</sup> Jan / 29<sup>th</sup> Jan / 19<sup>th</sup> Feb / 12<sup>th</sup> Mar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEALS</b> Spicy Chicken	<b>MAIN MEALS</b> Chicken & Vegetable HotPot	<b>MAIN MEALS</b> Roast Gammon with Gravy	<b>MAIN MEALS</b> Cool Chicken Curry with Rice	<b>MAIN MEALS</b> Battered Cod
<b>VEGETARIAN</b> Butternut Squash & Butterbean Pasta Bake	<b>VEGETARIAN</b> Cheese & Tomato Pizza with Diced Potatoes	<b>VEGETARIAN</b> Quorn Balls in Tomato Sauce	<b>VEGETARIAN</b> Cheese & Tomato Omelette with New Potatoes	<b>VEGETARIAN</b> Open Quorn Burger
		Roasted Potatoes		Chipped Potatoes
Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables
<b>DESSERTS</b> Vanilla Ice Cream with Fresh Fruit Wedges Selection of Fruit Yoghurts	<b>DESSERTS</b> Jelly with Fresh Fruit Wedges Selection of Fruit Yoghurts	<b>DESSERTS</b> Jam Sponge & Custard Selection of Fruit Yoghurts	<b>DESSERTS</b> Jelly with Fresh Fruit Wedges Selection of Fruit Yoghurts	<b>DESSERTS</b> Chocolate Flapjack with Chocolate Sauce Selection of Fruit Yoghurts

Also available; a selection of seasonal salads, jacket potatoes with various fillings and fresh bread. We always have fresh fruit, chilled water and milk. Allergy information is available on request.

<b>SPECIAL DAYS</b>	November Bonfire Night	December Track Santa	December Christmas Lunch	Friday 16th Feb Chinese New Year	February Pancake Day
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# AUTUMN MENU

Week Commencing: 13<sup>th</sup> Nov / 4<sup>th</sup> Dec / 25<sup>th</sup> Dec / 15<sup>th</sup> Jan / 5<sup>th</sup> Feb / 26<sup>th</sup> Feb / 19<sup>th</sup> Mar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEALS</b> Sausage & Gravy	<b>MAIN MEALS</b> Chilli Con Carne with Garlic Bread and Mixed Salad	<b>MAIN MEALS</b> Roast Turkey with Stuffing & Gravy	<b>MAIN MEALS</b> BBQ Chicken Fillet	<b>MAIN MEALS</b> Fish Fingers with Tomato Ketchup
<b>VEGETARIAN</b> Macaroni Cheese, Garlic Bread and Mixed Salad	<b>VEGETARIAN</b> Sweet Potato & Chickpea Curry with Rice	<b>VEGETARIAN</b> Roast Quorn Fillet & Gravy	<b>VEGETARIAN</b> Cheese & Baked Bean Puff	<b>VEGETARIAN</b> Southern Baked Quorn Wrap
Selection of seasonal vegetables	Selection of seasonal vegetables	Roasted Potatoes	Spicy Oven Wedges	Chipped Potatoes
<b>DESSERTS</b> Chocolate Cornflake Cake Selection of Fruit Yoghurts	<b>DESSERTS</b> Golden Syrup Sponge Selection of Fruit Yoghurts	<b>DESSERTS</b> Neapolitan Ice Cream & Fresh Fruit Wedges Selection of Fruit Yoghurts	<b>DESSERTS</b> Baked Apple Pudding with Custard Selection of Fruit Yoghurts	<b>DESSERTS</b> Jelly with Fresh Fruit Wedges Selection of Fruit Yoghurts

Also available; a selection of seasonal salads, jacket potatoes with various fillings and fresh bread. We always have fresh fruit, chilled water and milk. Allergy information is available on request.

<b>SPECIAL DAYS</b>	November Bonfire Night	December Track Santa	December Christmas Lunch	February Chinese New Year	February Pancake Day
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