

AUTUMN MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS Sticky Honey Glazed Chicken	MAIN MEALS Spaghetti Bolognaise	MAIN MEALS Roast Chicken with Stuffing & Gravy	MAIN MEALS Sausage with Gravy	MAIN MEALS Fish Fingers with Tomato Sauce
VEGETARIAN Spinach, Pea & Red Pepper Frittata	VEGETARIAN Cheese & Tomato Pasta Bake with Garlic Bread and Salad	VEGETARIAN Roast Quorn Fillet & Gravy	VEGETARIAN Vegetable Sausage	VEGETARIAN 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
DESSERTS Wholemeal Apple Crumble & Custard Selection of Fruit Yoghurts	DESSERTS Iced Sweet Finger Roll Selection of Fruit Yoghurts	DESSERTS Vanilla Ice Cream with Fresh Fruit Wedges Selection of Fruit Yoghurts	DESSERTS Chocolate Sponge with Chocolate Sauce Selection of Fruit Yoghurts	DESSERTS 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: 6th Nov / 27th Nov / 18th Dec / 8th Jan / 29th Jan / 19th Feb / 12th Mar



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

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: 13th Nov / 4th Dec / 25th Dec / 15th Jan / 5th Feb / 26th Feb / 19th Mar



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