

AUTUMN MENU

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	Roasted red pepper Homemade bread Soup toppers	Sweet potato & carrot soup Homemade bread Soup toppers	Corn & white bean chowder Homemade bread Soup toppers	Supper green pea & spinach soup Homemade bread Soup toppers	Red lentil soup Homemade bread Soup toppers
MAIN	Turkey Bolognese sauce	Roast pork loin	Cheesy beef meatballs in tomato sauce	Chicken korma	Battered fish Jumbo battered sausages
VEGETARIAN	Vegemince bolognese	Vegetarian cottage pie	Meatless meatballs in tomato sauce	Veggie korma	Veggie Chickless burger
SIDES	Spaghetti Gluten free pasta Oregano roasted vegetables Broccoli Garlic bread	New potatoes Honey & cumin roast butternut wedges Cauliflower Gravy Sage & onion stuffing Apple sauce Vegemince bolognese	Jacket wedges Chipotle sweetcorn Garden peas Carbonara sauce	Rice Naan bread Vegetarian samosa Green beans Carrot Peppers & chorizo sauce Nut free pesto	Chips Peas Baked beans Chunky tartare sauce Lemon wedges Curry sauce Puttanesca sauce Three cheese sauce
JACKETS	Jacket Potato, baked beans or Penne pasta, Tomato sauce				
DESSERT	Lemon courgette cake Chocolate mousse dessert pot	Apple, date & carrot sponge Toffee sauce	Cornflake tart	White chocolate & raspberry blondie Lemon merengue pie pot	Strawberry swirl sponge Custard Chocolate brownie
Organic yoghurt or jelly pot, Fresh fruit platter					
SALAD BAR	New potato Tuna & sweetcorn pasta salad Carrot sticks	Mixed peppers Penne pasta salad Mixed grain & chickpea salad Fried onions	Cucumber sticks New potatoes Italian pasta salad	Potato salad Crunchy red peppe Sunflower seed salad Coleslaw	Pesto pasta salad New potato with horseradish
Tomato, Mixed leaves, Tuna or Ham, Grated cheese, Butter, Selection of dressings and toppings					

