



# Autumn 2024

## September, October

Week 3	Meat-free Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1	Creamy Mushroom and Tarragon Pasta Bake	Vegetarian Paella	Minced Lamb and Lentil Stew served with Bulgur Wheat	Chicken, Pepper & Chickpea Biryani	Lamb Burger and Chips
Meal Option 2 - Vegetarian	Creamy Mushroom and Tarragon Pasta Bake	Vegetarian Paella	Lentil and Spring Onion Stew served with Bulgur Wheat	Quorn, Pepper & Chickpea Biryani	Vegan Burger and Chips
Vegetables	Steamed Pepper Medley		Steamed Mixed Vegetables	Steamed Peas	Steamed carrots
Salad Bar	Salad of the Day	Salad of the Day	Salad of the Day	Salad of the Day	Salad of the Day
Main Dessert	Watermelon Slices	Fruit Jelly	Fruit Mousse	Ginger & Carrot Cake served with Custard	Fruit Salad and cream
2 <sup>nd</sup> Dessert	Pears	Apple	Oranges	Bananas	Raisins

Weeks beginning: -  
16<sup>th</sup> September, 7<sup>th</sup> October

Available each day – fresh bread, fresh fruit, filtered water



# Autumn 2024

## September, October

Week 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1	Cauliflower & Lentil Cheesy Pasta	Rosemary Chicken with Potato Salad	Penne Bolognese	Chick Pea Curry & Steamed Rice	Fish and Chips
Meal Option 2 -Vegetarian	Cauliflower & Lentil Cheesy Pasta	Rosemary Butternut Squash with Potato Salad	Vegan Penne Bolognese	Chick Pea Curry & Steamed Rice	Quorn Nuggets and Chips
Vegetables	Steamed Carrots	Steamed Peas	Steamed Mixed Vegetables	Roasted Cauliflower	Steamed Peas
Salad Bar	Salad of the Day	Salad of the Day	Salad of the Day	Salad of the Day	Salad of the Day
Main Dessert	Melon Slices	Fruit Mousse	Fruit Jelly with Cream	Orange Sponge with Custard	Frozen Yoghurt
2 <sup>nd</sup> Dessert	Apples	Bananas	Pears	Raisins	Peach Slices

Weeks beginning:  
*9<sup>th</sup> September, 30<sup>th</sup> September, 21<sup>st</sup> October*

Available each day – fresh bread, fresh fruit, filtered water



# Autumn 2024

## September, October

Week 1	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal Option 1</b>	Sweetcorn & Spinach Pizza	Mediterranean Chicken with Spicy Rice	Cheesy Mushroom Pasta	Swedish Meatballs & Steamed Rice	Nuggets and Chips
<b>Meal Option 2 -Vegetarian</b>	Sweetcorn & Spinach Pizza	Roast Quorn Sausages with roast potatoes and gravy	Cheesy Mushroom Pasta	Swedish Vegan Meatballs & Steamed Rice	Nuggets and Chips
<b>Vegetables</b>	Steamed Carrots & Peas	Steamed Green Beans	Steamed Broccoli	Roasted Root Vegetables	Steamed Peas
<b>Salad Bar</b>	Mixed Leaves	Roasted Beetroot & Feta	Sweetcorn with Mixed Peppers	Coleslaw	Salad of the Day
<b>Main Dessert</b>	Fruit Mousse	Strawberry Yoghurt	Strawberry Jelly	Pineapple Upside Down Cake with Custard	Fruit Salad
<b>2nd Dessert</b>	Pears	Apples	Apples	Bananas	Raisins

Weeks beginning:  
*2<sup>nd</sup> September, 23<sup>rd</sup> September, 14<sup>th</sup> October*

Available each day – fresh bread, fresh fruit, filtered water