

Autumn Menu 2021



Week 1	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1	Jacket potato served with barbecue beans and cheese	Lamb Bolognese served with whole grain pasta	Chicken biryani with brown basmati	Chicken tagine served with lemon bulgur wheat	Fish fingers served with chips
Meal Option 2 Vegetarian	Jacket potato served with barbecue beans and cheese	Vegetable Bolognese served with whole grain pasta	Red pepper, chickpea and pea biryani with brown basmati	Vegetable tagine served with lemon bulgur wheat	Veg Nuggets served with chips
Vegetables	Sweet corn	Pan-roasted courgettes	Cauliflower	Green beans	Peas
Salad bar	Cucumber Mixed green salad	Roast carrot and coriander salad Beetroot	Aubergine and dill salad Basil, mozzarella & spinach salad	Carrots, raisin and coriander salad Sweet corn	Rainbow slaw Green bean and mixed herbs
Dessert	Pineapple	Apple crumble and custard	American pancakes served with butterscotch sauce	Rice pudding served with fruits of the forest	Fruit salad
2nd dessert	Apple	Grapes	Clementine	Banana	Fruits of the day

Week beg: 6th September, 27th September, 18th October



Week 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1	Veggie Burger	Lamb meatballs served with wholemeal pasta	Roast Turkey served with rosemary and paprika new potatoes	Chicken cacciatore served with brown rice	Fish cake served with chips
Meal Option 2 Vegetarian	Veggie Burger	Veggie Chilli served with wholemeal pasta	Roast curried butternut served with rosemary and paprika new potatoes	Kidney bean and zucchini cacciatore served with brown rice	Vegetable fingers served with chips
Vegetables	Green beans	Sweet corn	Mixed vegetables	Peas	Peas
Salad bar	Brown Rice, carrot and chive salad mixed leaf salad	Rainbow salad Beetroot	Roast vegetable and cracked wheat salad Green salad	Tabbouleh salad Cucumber and dill	Salad of the day
Dessert	Melon	Banana cake	Raisin and Oat Cookie	Dice watermelon and mint	Carrot cake
2nd dessert	Banana	Pineapple	Clementine	Apple	Fruits of the day

Week beg: 13th September, 4th October



Week 3	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1	Wholemeal Cheesy Pasta	Sausage & Onion casserole served with sweet potato mash	Pizza with basil and sweetcorn	Lamb Keema served with brown basmati rice	Fish fingers served with wedges
Meal Option 2 Vegetarian	Wholemeal Cheesy Pasta	Quorn & Onion casserole served with sweet potato mash	Pizza with basil and sweetcorn	Vegetable Keema served with brown basmati rice	Veggie Nuggets served with wedges
Vegetables	Pan fried carrots	Mixed vegetable	Green beans	Broccoli	Peas
Salad bar	3 Bean salad Tomato & basil	Carrot and cheese with Raisins Mixed leaf salad	Chickpea and mint salad Sweet corn salad	5 bean and parsley salad tomato and cucumber	Coleslaw Roast mushroom and rocket salad
Dessert	Rice pudding Fruits of forest	Banana flapjack	Semolina pudding with strawberry jam	Chocolate cake with the chocolate sauce	Fruit Salad
2nd dessert	Banana	Apples	Pineapple	Pears	Fruit of the day

Week beg: 20th September, 11th October