



Autumn/Winter Menu 2017/18

Week 1

Week commencing 4th September, 25th September, 16th October, 13th November, 4th December, 1st January, 22nd January

Monday

Mains

Breaded chicken wrapster

Vegetable pinwheel

Sweet chilli sauce or
garlic mayonnaise

Sides

Baked potato wedges
or 1/2 jacket potato

Baked beans

Coleslaw

Puddings

Peach & apricot crumble

Custard

Tuesday

Mains

Pasta bar

Penne pasta with
beef bolognaise

Penne pasta with
tomato & basil
creamy cheese sauce

Sides

Garlic bread

Sweetcorn

Tomato & spinach salad

Puddings

Lemon drizzle cake

Wednesday

Mains

Honey roasted gammon
& gravy

Vegetable grill

Sides

Roast potatoes

Cabbage

Carrots

Puddings

Ice cream / mousse

Also available every day:

Jacket potatoes with fillings

Assorted salads

Fresh bread of the day

Fresh fruit or yoghurt

Thursday

Mains

Chicken & sweetcorn pie
& gravy

Vegetable tagine
& cous cous

Sides

Creamy mashed potato

Winter root vegetables

Broccoli

Puddings

Funky fruit

Fruit smoothie

Friday

Mains

Cod fish fingers

Poached salmon

Cauliflower cheese

Sides

Chips

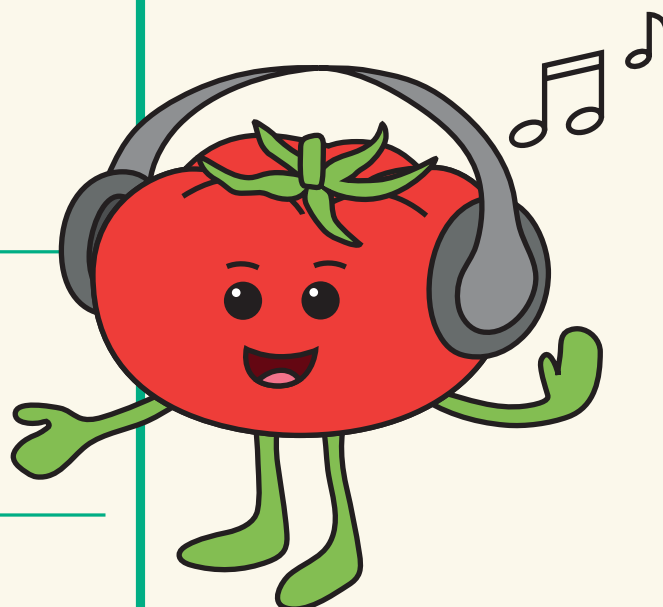
Garden peas

Baked beans

Puddings

Spiced shortbread

Frozen raspberry yoghurt





Autumn/Winter Menu 2017/18

Week 2

Week commencing 11th September, 2nd October, 30th October, 20th November, 11th December, 8th January, 29th January

Monday

Mains

Pizza bar

Pepperoni pizza

Margarita pizza

Sides

1/2 jacket potato

Garden salad

Green beans

Puddings

Carrot cake

Tuesday

Mains

Mild chicken curry

Oriental vegetable stir-fry

Sides

Indian bread

Brown & white rice

Sweetcorn

Grated carrot

Puddings

Winter fruit goodie

Custard

Wednesday

Mains

Roast pork loin
with apple sauce

Gravy

Roasted vegetable pot

Sides

Roast potatoes

Fresh broccoli florets

Root mash

Puddings

Fruit jelly

Frozen fruit smoothies

Thursday

Mains

Minced beef cobbler

Soya mince shepherd's pie

Sides

Mashed potato

Cabbage

Carrots

Puddings

Sticky toffee sponge

Custard

Friday

Mains

Crispy battered cod

Twice baked potatoes
with cheddar, broccoli &
butternut squash

Sides

Chips

Garden peas

Baked beans

Puddings

Chocolate tart

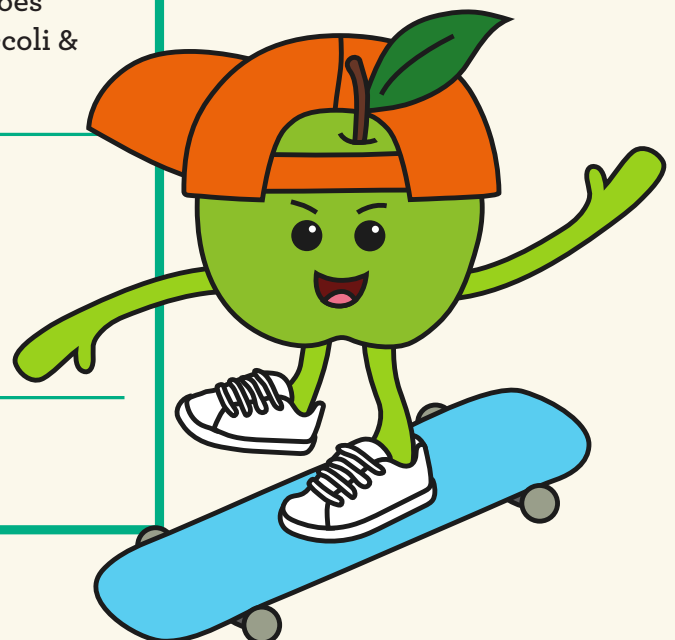
Also available every day:

Jacket potatoes with fillings

Assorted salads

Fresh bread of the day

Fresh fruit or yoghurt





Autumn/Winter Menu 2017/18

Week 3

Week commencing 18th September, 9th October, 6th November, 27th November, 18th December, 15th January, 5th February

Monday

Mains

Sausages
Quorn sausages
Onion gravy

Sides

Creamy mashed potatoes
Baked beans
Sweetcorn

Puddings

Chocolate cake
Mandarins & chocolate sauce

Tuesday

Mains

Beef enchiladas
Macaroni cheese

Sides

Seasoned baked potatoes & sweet potatoes
Steamed green beans
Garden salad

Puddings

Funky fruit day

Wednesday

Mains

Roast turkey with sage & onion stuffing
Gravy
Vegetarian quesadillas & sour cream

Sides

Roast potatoes
Carrots
Cauliflower

Puddings

Vanilla ice cream / mousse

Thursday

Mains

BBQ chicken
Bombay biryani

Sides

Sunshine rice
Sweetcorn
Broccoli

Puddings

Jam tart
Custard

Friday

Mains

Battered cod goujons
Mediterranean quiche

Sides

Chips
Garden peas
Baked beans

Puddings

Assorted biscuits

Also available every day:

Jacket potatoes with fillings
Assorted salads
Fresh bread of the day
Fresh fruit or yoghurt

