

- AUTUMN/WINTER 2022



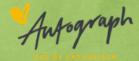
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
	Chilli beef Mince Burrito	Chimichurri Chicken and Rainbow Slaw (Chimichurri – green herb and chilli sauce)	Roast Turkey with Stuffing and Gravy	"Build your Own" Kebab Base: Flatbread or Roasted Veg Cous				
WEEK 1	Vegetable Chilli with Rice	Mixed Bean Empanada (A bit like a pasty!)	Veggie Sausages with Roast Potatoes and Gravy	Cous Add your Choice of Topping: Greek Style Chicken Beef Kebab Tomato Roasted Beans and Veggies Pick your extras: Tzatziki, Plain Yoghurt, Lettuce, Cucumber, Tomato, Red Onion	Chef's Choice! * (* To be chosen from a list of options provided to site. e.g. Fish, Loaded Fries, Pizza, Hot Dog, Burgers)			
	Fajita Style Peppers and Onions Cheese, Tomato Salsa, Sour Cream Sweetcorn	Fluffy Rice Chimichurri Sauce Sweetcorn and Pepper Salad	Crispy Roasted Potatoes Cauliflower Cheese Honey Roast Carrots	Herby New Potatoes Roasted Mediterranean Vegetables Daily Salad	Chips Baked Beans Peas			
	Apple Crumble and Custard (50% Fruit)	Pineapple Muffin (Custard optional)	Chocolate Shortbread	Banana Cake and Custard (50% Fruit)	Raisin Oaty Cookie			
	w/c 7TH NOVEMBER, 28 th NOVEMBER, 19 TH DECEMBER							
	MONDAY	TUFSDAY	WEDNESDAY	THURSDAY	FRIDAY			

Our Menu Supports Meat Free Monday

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 2	Chicken pasta Bake	Paprika Chicken in Tomato Sauce	Filled Yorkshire Pudding with Savoury Beef Mince and Gravy	"Build Your Own" Burger Bar Base: Burger Bun, Lettuce, Slice of Tomato Choose your filling: Beef Burger or	Battered Fish Fillet
	Tomato, Basil and Mozzarella Pasta Bake	Cheesy Spanish Omelette	Filled Yorkshire Pudding with Veggie Mince and Gravy	Veggie Burger Add a Sauce: BBQ, Ketchup, Mayo or Plain	Seasonal Vegetable Curry
	Garlic Bread Tomato and Cucumber Salad Coleslaw	Cajun Potato Wedges Roasted Butternut Squash Green Beans	Creamy Mashed Potato Carrot Batons Cabbage	Cheese, Crispy Onion, Bacon Cajun Wedges, Crunchy Coleslaw Corn on the Cob	Chips, Fluffy Rice Baked Beans Mushy Peas
	Crunchy Orange Drizzle Cookie	Peach Crunch Crumble and Custard (50% Fruit)	Banana and Toffee Muffin (Custard optional)	Pear and Chocolate Sponge with Chocolate Sauce (50% Fruit)	Apple Flapjack

w/c 14TH NOVEMBER,5TH DECEMBER

	MONDAY	IUESDAY	WEDNESDAY	IHURSDAY	FRIDAY
EEK 3	Sweet and Sour Chicken	Beef Spaghetti Bolognaise	Chicken and Leek Pasty	"Build Your Own" Curry Bowl Base: Turmeric and Onion Rice or Naan Bread	Salmon Fishcakes or Battered Fish Fillet
	Vegetable Stir Fry	Vegetable Lasagne	Seasonal Vegetable Pasty	Add Your Choice of Topping: Tandoori Chicken or Sweet Potato and Chickpea Curry	Veggie Hot Dog with Ketchup
	Oriental Rice Carrots Stir Fried Broccoli	Garlic Bread Tomato and Cucumber Salad Roasted Mediterranean Vegetables	Roast Potatoes, Gravy Cabbage Roast Carrots	Mint and Cucumber Raita Lettuce, Tomato, Red Onion, Cucumber	Chips Baked Beans Garden Peas
	Danish Apple Cake with Custard (50% Fruit)	Pineapple Cake with Custard (50% Fruit)	Fruity Flapjack	Vanilla Muffin (Custard optional)	Chewy Chocolate Cookie



LOOK OUT FOR THE **VE** SYMBOL ON OUR MENU FOR SOME TASTY VEGAN OPTIONS.

Fresh

Fruit and

Yoghurt

available daily