

AUTUMN / WINTER 2022

w/c 31st OCTOBER, 21st NOVEMBER, 12th DECEMBER,

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	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 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)
	Vegetable Chilli with Rice	Mixed Bean Empanada (A bit like a pasty!)	Veggie Sausages with Roast Potatoes and Gravy 		
	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, 28th NOVEMBER, 19th DECEMBER

	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 Veggie Burger Add a Sauce: BBQ, Ketchup, Mayo or Plain	Battered Fish Fillet
	Tomato, Basil and Mozzarella Pasta Bake	Cheesy Spanish Omelette	Filled Yorkshire Pudding with Veggie Mince and Gravy		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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3	Sweet and Sour Chicken	Beef Spaghetti Bolognese	Chicken and Leek Pasty	"Build Your Own" Curry Bowl Base: Turmeric and Onion Rice or Naan Bread Add Your Choice of Topping: Tandoori Chicken or Sweet Potato and Chickpea Curry	Salmon Fishcakes or Battered Fish Fillet
	Vegetable Stir Fry	Vegetable Lasagne	Seasonal Vegetable Pasty		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

Our Menu Supports Meat Free Monday

Fresh Fruit and Yoghurt available daily