

Week 1

W/c 4/11, 25/11

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Selection of breads, toppings and accompaniments				
	Tomato and basil	Thai spiced sweetcorn	Carrot and coriander	Green chowder	Spicy red lentil with toasted seed
Main Meal	Mexican beef chilli with crispy tortilla chips and sour cream (H)	Cumberland pork bangers with onion gravy	British honey roasted gammon with peach chutney	Creamy lemon and rocket chicken with garlic croutons (H)	Breaded baked fish with lemon and parsley sauce (H)
Main Meal 2	Baked chicken with honey and mustard glaze	Honey and soy chicken Chow Mein with bean sprouts (H)	Beef and ale casserole (H)	Traditional fish pie in a cream sauce	Beef burgers in a bap with fried onions
Vegetarian	Thai red pepper curry with rice	Homemade falafels served with spicy salsa	Oven baked gnocchi with pesto roasted vegetables	Macaroni and broccoli cheese topped with Italian style tomatoes	Carrot and sweet potatoes fritters with sweet chilli sauce
On the Side...	Steamed rice Roasted courgettes Sweetcorn	Chive mashed potato Peas and carrots	Sage roasted potatoes Mixed vegetables	New potatoes Steamed green beans Red cabbage	Chips Garden peas Baked beans
Jacket Potato Bar	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day
Pasta Bar	Tomato and oregano	Tomato pesto sauce	Tomato and rocket	Tomato and spinach	Tomato and red pepper sauce
Sandwich & Panini Bar	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis
Something cold...	Selection of tempting dessert pots	Selection of tempting dessert pots	Selection of tempting dessert pots	Selection of tempting dessert pots	Selection of tempting dessert pots
Something Sweet...	Apple and rhubarb crumble	Coconut lime muffins	Raspberry and earl grey cake with honey custard	Healthy oat bar	Apple and orange vanilla cookies
Fruit & Dessert	Fruit salad pots and selection of seasonal fresh fruit served in peak condition, ripened and ready to eat. Daily selection of homemade yoghurt, dessert and custard pots.				

(H) - Halal option available

Week 2

W/c 11/11, 2/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Selection of breads, toppings and accompaniments				
	Leek and potato	Cream of tomato	Winter vegetable	Sweetcorn and noodle	Parsnip and Bramley apples
Main Meal	Hunters chicken with BBQ sauce (H)	Italian beef lasagne with garlic and basil oil	Slow roasted pork shoulder with apple sauce and rich gravy	Beef madras curry with yoghurt dressing (H)	Breaded cod served with lemon mayonnaise (H)
Main Meal 2	Chinese sizzling beef with ginger and coriander	Baked fish topped with rosemary breadcrumbs and fresh herbs	Creamy pesto chicken with parmesan croutons (H)	Italian pork steak topped with basil roasted vegetables	Smokey Mexican pulled chicken with corn tacos and lime vegetables
Vegetarian	Quorn and vegetable stir fry with crispy noodles	Butternut squash and feta strudel	White wine risotto with roasted mushrooms and parmesan shavings	Homemade onion bhaji with sweet chilli sauce	Homemade Cornish vegetable pastries
On the Side...	Turmeric spiced rice Sesame carrots Stir fry greens	Steamed new potatoes Cauliflower Green beans	Roast potatoes Steamed cabbage Steamed carrots	Spiced steamed rice Herby potatoes Seasonal vegetables	Chips Baked beans Freshly steamed peas
Jacket Potato Bar	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day
Pasta Bar	Tomato and oregano	Tomato and vegetables	Tomato and rocket	Tomato and rosemary	Tomato and spinach
Sandwich & Panini Bar	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis
Something cold...	Selection of tempting dessert pots	Selection of tempting dessert pots	Selection of tempting dessert pots	Selection of tempting dessert pots	Selection of tempting dessert pots
Something Sweet...	Eves pudding with custard	Flapjack with orange	Lemon drizzle cake	Double chocolate cake with chocolate sauce	White chocolate cookies
Fruit & Dessert	Fruit salad pots and selection of seasonal fresh fruit served in peak condition, ripened and ready to eat. Daily selection of homemade yoghurt, dessert and custard pots.				

(H) - Halal option available

Week 3

W/c 18/11, 9/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Selection of breads, toppings and accompaniments				
	Minestrone	Spicy butternut squash	Carrot and red lentil	Roasted red pepper and sweet potato	Pea and mint
Main Meal	Keema beef curry with minted yoghurt dressing (H)	Cottage pie with caramelised red onions (H)	Roast chicken with apricot stuffing and rich gravy (H)	Chicken tikka masala with mango chutney (H)	Battered fish of the day with tartare sauce and lemon wedge (H)
Main Meal 2	Slow roasted chicken cacciatore with rosemary potatoes	Honey and soy salmon Chow Mein with bean sprouts	Hungarian beef goulash with coriander oil	Ham and leek puff pastry pie with steamed potatoes	Chilli hot dog in a roll with mustard
Vegetarian	Squash, chick pea and spinach Biryani	Cheddar and potato quiche with rocket salad	Baked ratatouille vegetables lasagne	Curried cauliflower with naan bread and raita	Tomato, spinach and feta burger
On the Side...	Coriander rice Braised cauliflower Sweetcorn with peppers	Balsamic roasted new potatoes Green beans and red cabbage	Rosemary roasted potatoes Seasonal mixed vegetables	Steamed rice Steamed carrots and sweetcorn	Chips Beans Minted peas
Jacket Potato Bar	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day
Pasta Bar	Tomato and basil	Tomato and Italian herbs	Tomato and roasted vegetables	Tomato and rocket	Sun blushed tomato
Sandwich & Panini Bar	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis
Something cold...	Selection of tempting dessert pots	Selection of tempting dessert pots	Selection of tempting dessert pots	Selection of tempting dessert pots	Selection of tempting dessert pots
Something Sweet...	Butternut squash cake with crunchy seeds and custard	White chocolate sponge with chocolate icing	Honey and ginger cake with lemon custard	Carrot cake with cinnamon icing	Homemade shortbreads
Fruit & Dessert	Fruit salad pots and selection of seasonal fresh fruit served in peak condition, ripened and ready to eat. Daily selection of homemade yoghurt, dessert and custard pots.				

(H) - Halal option available