

**AUTUMN
2020**

SPICE ADVENTURE

OUT OF THIS WORLD FLAVOUR

WEEK 1

MON

TUES

WED

THU

FRI

MAIN MEAL

Spaghetti bolognese with garlic bread (Mk,G,E)

Pork sausage meat plait (Mk,G,E)

Chicken pie (Mk,G,E)

Italian pepperoni pizza (Mk,So,G)

Breaded cod fish fingers (F,G,E) served with ketchup (Ce)

VEGETARIAN

Macaroni cheese (Mk,E,G)

Vegetable puff pastry roll (Mk,G,E)

Roast vegetarian wellington (Mk,E,G)

Baked gnocchi in a pepper and tomato sauce (Mk,E,G)

Cheese and onion quiche (Mk,E,G)

VEGGIES

Garlic bread (Mk)
Sweetcorn
Leeks

Mashed potato (Mk)
Roasted cauliflower
Green beans

Crispy roasted Potatoes
Roasted carrots
Steamed cabbage

Curly fries (G)
Peas
Chefs salad and coleslaw (Mk)

Oven baked chips
Baked beans
Courgettes

PUDDING

Apple and mixed berry crumble with custard (Mk,G)

Sticky toffee pudding with vanilla custard (Mk,E,G)

Chocolate chip banana bread (So,Mk,E,G)

Jam sponge and custard (Mk,E,G)

Jelly or Cut fruit or Yoghurt (Mk,So)

Week 1 commencing: 7 September, 28 September, 19 October, 9 November, 30 November

WEEK 2

MON

TUES

WED

THU

FRI

MAIN MEAL

Assured pork sausage with gravy (Mk,Su,G)

Chicken korma with naan bread (Mk,G)

Minced beef hot pot

Chicken tikka pizza (G,So,Mk)

Battered fish fillet (F,G,Mu,Mk) served with ketchup (Ce)

VEGETARIAN

Vegetarian sausage with gravy (Mk,So,G,Su)

Spinach and potato curry with naan bread (G)

Roasted vegetable parcels served with gravy (Mk,G,E)

Cheese and tomato pizza (So,Mk,G)

Mixed bean and vegetable burrito (Mk,G,Mu)

VEGGIES

Creamy mashed potato (Mk)
Baked beans
Sauté leeks

Basmati rice
Curried cauliflower
Peas

Saute Potato
Roasted carrots
Steamed broccoli

Jacket wedges (G)
Chefs salad
Sweetcorn

Oven baked chips
Garden peas
Baked beans

PUDDING

Bramley apple crumble with custard (Mk,G)

Sugar free Spiced carrot cake with orange cream cheese frosting (Mk,E,G)

Jelly or Cut fruit or Yoghurt (Mk,So)

Chocolate sponge and chocolate sauce (Mk,E,G)

Raisin and oat cookie (Mk,E,G)

Week 2 commencing: 15 September, 5 October, 16 November, 14 December

WEEK 3

MON

TUES

WED

THU

FRI

MAIN MEAL

Italian beef lasagne (E,Mk,G)

Hot dog in a roll (Mk,G) or Chicken sausage in a roll (Su,G)

Roast chicken thigh

Mexican chicken enchiladas (Mk,G)

Breaded cod fish fingers (F,G,E,Mk) served with ketchup (Ce)

VEGETARIAN

Pepper and courgette lasagne (E,Mk,G)

Vegetarian sausage in a roll (G,Mk,So)

Roast vegetarian loaf with veggie gravy (Mk,E,G,Ce)

Mozzarella and tomato pizza (Mk,So,G)

Veggie burger with relish and sauces (Mk,Mu,Su,So,G)

VEGGIES

Garlic bread (Mk)
Sweetcorn
Broccoli

Oven chips
Garden peas
Red coleslaw (Mk)

Creamy mashed potato (Mk)
Carrots
Leeks

Curly fries (G)
Baked beans
Peas

Baked oven chips
Roasted vegetables
Garden peas

PUDDING

Lemon drizzle cake (Mk,E,G)

Marmalade pudding (Mk,E,G)

Jelly or Cut fruit or Yoghurt (Mk,So)

Rhubarb and custard cake (Mk,E,G)

Chocolate biscuit (Mk,G)

Week 3 commencing: 21 September, 2 November, 23 November, 21 December

★ ALLERGENS ★

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals
containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide



LOOK OUT FOR THIS ICON ON OUR MENUS FOR A BETTER CHOICE FOR YOU!