

# Autumn Winter 2020-2021 Menu Week 1

Week Beginning	Monday 21/9, 12/10, 9/11, 30/11, 4/1, 25/1, 22/2,15/3	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<b>Mac 'N' Cheese</b> <i>Pasta spirals in a tasty cheesy sauce</i>	<b>All Day Breakfast</b> <i>Egg Sausage Bacon Hash brown Toast</i>	<b>Roast Chicken with Roast Potatoes and Gravy</b> Traditional Roast dinner with Roast Chicken	<b>Chinese Chicken with Noodles and Prawn Crackers</b>	<b>Salmon Fish Fingers *** and Chips</b> A classic fish finger lunch
Alternative Dish	<b>Mexican Bean and Potato Wrap with a Rice side**</b> <i>Tortilla wrap stuffed with fajita seasoned beans and cubed potato in a cheesy tomato sauce</i>	<b>Vegetarian All Day Breakfast</b> <i>Egg Vegetarian Sausage Hash brown Toast</i>	<b>Quorn Roast with Roast Potatoes and Gravy</b> Traditional vegetarian roast with Quorn	<b>Vegetable Stir Fry with Rice</b>	<b>Quorn Dippers and Chips</b>
Vegetables	<b>Broccoli and Cauliflower Medley</b> <b>Green Beans</b>	<b>Beans</b> <b>Tomatoes</b> <b>Mushrooms</b>	<b>Carrots</b> <b>Cabbage</b>	<b>Sweetcorn</b> <b>Mixed Salad</b>	<b>Baked Beans</b> <b>Peas</b>
Desserts	<b>Chocolate Slice *</b>	<b>Orange Drizzle Cake</b>	<b>Shortbread Biscuit</b>	<b>Ice-cream</b>	<b>Peach and Chocolate Sponge</b>

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish



# Autumn Winter 2020-2021 Menu Week 2

Week Beginning	Monday 28/9, 19/10, 16/11, 7/12, 11/1, 1/2, 1/3, 22/3	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<b>Spaghetti Bake</b> A twist on the classic favourite Spaghetti Quorn Bolognese - baked and topped with melted cheese	<b>Chicken and Sweetcorn Pie with Mashed Potato</b> Chicken and sweetcorn in a creamy sauce topped with shortcrust pastry	<b>Roast Pork or Gammon with Roast Potatoes and Gravy</b> Traditional Roast dinner with Roast Pork	<b>BBQ Beef Meatballs</b> Delicious Texan inspired BBQ beef meatballs in a tomato sauce with pasta spirals**	<b>Fish Fingers and Chips</b> A classic fish finger lunch
Alternative Dish	<b>Pesto Pasta</b>	<b>Vegetable Pie with Mashed Potato</b>	<b>Broccoli and Cauliflower Cheese with Roast Potatoes</b>	<b>BBQ Quorn Balls</b> in a tomato sauce with pasta spirals**	<b>Quorn Dippers and Chips</b>
Vegetables	<b>Sweetcorn Broccoli</b>	<b>Peas Roasted Peppers and Sweetcorn</b>	<b>Cabbage Carrots</b>	<b>Green Beans Broccoli and Cauliflower Medley</b>	<b>Baked Beans Peas</b>
Desserts	<b>Mango Frozen Yoghurt</b>	<b>Plum and Apple Shortcake Crumble*</b> <i>with Custard</i>	<b>Flapjack</b> <i>with Fruit Slices *</i>	<b>Chocolate Cake</b>	<b>Raspberry Yoghurt Cake</b>

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

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# Autumn Winter 2020-2021 Menu Week 3

Week Beginning	Monday 14/9, 5/10, 2/11, 23/11, 14/12, 18/1, 8/2, 8/3	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<b>Chicken Curry with Rice**</b>	<b>Pork Sausages with Mashed Potato and Gravy</b> Classic sausage and mash	<b>Roast Turkey or Beef with Roast Potatoes and Gravy</b> Traditional Roast dinner with Roast Turkey	<b>Beef Bolognese **</b> A classic Italian beef Bolognese	<b>Crispy Fish &amp; Chips with Chips</b> Traditional fish and chips lunch
Alternative Dish	<b>Crunchy Bean Bake with a Rice side **</b> Beans in a tomato, Mediterranean veg sauce topped with crunchy breadcrumbs	<b>Vegetarian Sausages with Mashed Potato and Gravy</b> Quorn sausage and mash	<b>Country Vegetable Pie</b> Leek, broccoli, chickpea and carrot in a creamy sauce topped with shortcrust pastry	<b>Quorn Bolognaise</b>	<b>Tomato and Quorn Wrap with Chips</b> A filled soft tortilla wrap folded into the shape of a cone
Vegetables	<b>Carrots Peas</b>	<b>Roasted Peppers and Sweetcorn Green Beans</b>	<b>Cabbage Carrot and Swede Mash</b>	<b>Broccoli Mediterranean Vegetables</b>	<b>Peas Baked Beans</b>
Desserts	<b>Creamy Baked Orange and Vanilla Rice Pudding</b>	<b>Oatie Biscuit with Fruit Slices *</b>	<b>Strawberry Frozen Yoghurt</b>	<b>Chocolate and Raspberry Swirl Cake with Custard</b>	<b>Berry Delight</b>

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish

