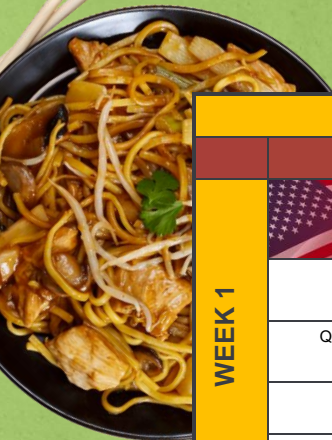


AUTUMN / WINTER 2019 MENU



W/C MONTH 04/11/19, 25/11/19, 16/12/19, 20/01/20, 10/02/20, 09/03/20, 30/03/20, 20/04/20					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	U.S.A	CHINESE	BRITISH	CARIBBEAN	BRITISH
	Mac 'n' Cheese	Kung Po Chicken with Oriental Rice	Roast Turkey with Stuffing, Roast Potatoes and Gravy	Jerk Chicken with Caribbean Dumplings and Rice and Peas	Battered Fish Fillet with Chips
	Quorn Burger in a Bun with Tomato Ketchup and Cajun Wedges VE	Vegetable Chow Mein VE	Cauliflower and Broccoli Bake with Roast Potatoes and Gravy	Caribbean Vegetable Casserole with Sweet Potato Wedges VE	Feta Cheese and Spinach Quiche with Chips
	Coleslaw & Sweetcorn	Carrots & Green Beans	Swede Mash & Honey Roast Carrots	Sweetcorn & Savoy Cabbage	Baked Beans & Peas
Chocolate Brownie with Chocolate Sauce	Apple and Berry Pie with Custard	Crunchy Cookie with Custard (custard not vegan) VE	Jamaican Banana Cake with Vanilla Sauce	Flapjack VE	

W/C MONTH 11/11/19, 02/12/19, 06/01/20, 27/01/20, 24/02/20, 16/03/20, 06/04/20, 27/04/20					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 2	Italian	Indian	BRITISH	GREEK	BRITISH
	Margherita Pizza with Potato Wedges	Beef Balti with Rice and Naan Bread	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Lamb Kofta in a Pitta Bread with Mint Raita and Potato Wedges	Battered Fish Fillet or Salmon Fish Fingers with Chips
	Tomato, Basil and Mozzarella Pasta Bake	Saag Aloo with Rice and Naan Bread VE <i>(the bread is not Vegan)</i>	Vegetable and Chickpea Wellington with Roast Potatoes and Gravy	Falafel Wrap with Lemon Mayo and Roasted Vegetable Rice	Vegetable and Cheese Filo Parcel with Chips
	Sweetcorn & Honey Roasted Carrots	Spiced Carrots & Broccoli	Oven Roasted Parsnips & Cauliflower	Crunchy Coleslaw & Sweetcorn	Baked Beans & Peas
Easiyo Lemon or Strawberry Mousse	Pear and Chocolate Sponge with Chocolate Sauce	Raisin Oaty Cookies With Custard (custard not vegan) VE	Banoffee Cheesecake	Vanilla Shortbread VE	

We also offer a range of hot paninis, jacket potatoes, Pasta King

Sandwiches, fruit pots, yoghurt pots, selection of cold drinks are serve daily

W/C MONTH 18/11/19, 09/12/19, 13/01/20, 03/02/20, 02/03/20, 23/03/20, 13/04/20					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3	spanish	MEXICAN	BRITISH	Thai	BRITISH
	Vegetable Paella VE	Beef Chimichanga with Cajun Wedges	Filled Yorkshire Pudding, Pork Sausages, Mashed Potato and Gravy	Thai Green Chicken Curry with Rice	Battered Fish Fillet with Chips
	Mediterranean Vegetable Gratin with New Potatoes	Veggie Mince Burrito with Mexican Rice	Filled Yorkshire Pudding with Veggie Sausages, Mashed Potato and Gravy	Vegetable Pad Thai Style Noodles VE	Homemade Veggie Sausage Roll with Chips
	Green Beans & Sweetcorn	Spicy Beans & Sweetcorn	Swede Mash & Carrots	Crunchy Red Slaw & Savoy Cabbage	Baked Beans & Peas
Peach Crumble with Custard	Fruity Flapjack VE	Pancakes with Summer Fruit Compote	Pineapple Upside Down Cake with Vanilla Sauce	Chewy Chocolate Cookie	



Our Menu Supports Meat Free Monday!
A great way to support healthy eating and reduce climate change!

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