

# Autumn Menu 2023

| WEEK ONE        | Monday                                    | Tuesday                                 | Wednesday   | Thursday  | Friday                             |
|-----------------|---|---|---|---|------------------------------------|
| Main            | Loaded Potato Wedges                      | Smoky BBQ chicken meatball & rice       | Filled Yorkshire pudding with beef & roast potatoes | Chicken sausages & skin on baked wedges           | Cod fish fingers & chips           |
| Vegetarian      | Cheese & tomato pizza & potato wedges     | Homemade Macaroni Cheese & garlic bread | Quorn sausage casserole in a Yorkshire pudding      | Cheese & onion pastry roll & skin on baked wedges | Mediterranean vegetable pasta bake |
| Vegetables      | Baked Beans Sweetcorn                     | Peas Cauliflower                        | Carrots Seasonal Greens                             | Green Beans Sweetcorn                             | Baked Beans Peas                   |
| Jacket Potatoes | Cheese or Beans                           | Cheese or Beans or Tuna Mayonnaise      | Cheese or Beans                                     | Cheese or Beans or Tuna Mayonnaise                | Cheese or Beans                    |
| Sandwiches      | Freshly Made Sandwich with Cheddar or Ham |   |   |   |                                    |
| Desserts        | Homemade Apple Sponge Cake                | Oaty flapjack finger                    | Homemade vanilla sponge & custard                   | Fruity strawberry Jelly & Mandarin segments       | Chocolate shortbread               |

W/C 13/11 04/12 01/01 22/01 12/02 04/03 25/03

| WEEK TWO        | Monday   | Tuesday  | Wednesday  | Thursday  | Friday                               |
|-----------------|--|--|--|---|--------------------------------------|
| Main            | Homemade Cheese & tomato pizza & potato wedges | Beef Bolognese with peppers & spaghetti              | Chicken & Yorkshire pudding, roast potatoes & gravy    | Mexican style chicken, Bean & sweetcorn burrito | Cod fish fingers & chips             |
| Vegetarian      | Loaded cheesy Bean Hot Pitta Parcel            | Veggie Bolognese pasta with lentils, peppers & basil | Quorn sausage toad in the hole, roast potatoes & gravy | Homemade Macaroni Cheese & garlic bread         | Cheese & onion pastry roll & chips   |
| Vegetables      | Sweetcorn Peas                                 | Green Beans Sweetcorn                                | Cauliflower Seasonal greens                            | Mixed vegetables Sweetcorn                      | Baked Beans Peas                     |
| Jacket Potatoes | Cheese or Beans                                | Cheese or Beans or Tuna Mayonnaise                   | Cheese or Beans  | Cheese or Beans or Tuna Mayonnaise              | Cheese or Beans                      |
| Sandwiches      | Freshly Made Sandwich with Cheddar or Ham      |  |  |   |                                      |
| Desserts        | Apple & sultana crumble bar                    | Homemade lemon cake & custard                        | Banana cake & fruit slices                             | Chocolate cookie                                | Fruity strawberry jelly & shortbread |

W/C 30/10 20/11 11/12 08/01 29/01 19/02 11/03

| WEEK THREE      | Monday   | Tuesday                            | Wednesday                             | Thursday                                | Friday                             |
|-----------------|--|------------------------------------|---------------------------------------|---|------------------------------------|
| Main            | Quorn sausage & bean loaded hot pockets        | Smoky BBQ chicken meatball & rice  | Roast chicken, roast potatoes & gravy | Beef mince Chilli & rice                | Cod fish fingers & chips           |
| Vegetarian      | Homemade Cheese & tomato pizza & potato wedges | Veggie Cottage Pie                 | Quorn sausage, Roast potatoes & gravy | Homemade Macaroni Cheese & garlic bread | Cheese & onion pastry roll & chips |
| Vegetables      | Sweetcorn Cauliflower                          | Mixed vegetables Peas              | Seasonal greens Carrots               | Green beans Cauliflower                 | Baked Beans Peas                   |
| Jacket Potatoes | Cheese or Beans                                | Cheese or Beans or Tuna Mayonnaise | Cheese or Beans                       | Cheese or Beans or Tuna Mayonnaise      | Cheese or Beans                    |
| Sandwiches      | Freshly Made Sandwich with Cheddar or Ham      |                                    |                                       |   |                                    |
| Desserts        | Chocolate Banana Cake                          | Oaty flapjack finger with fruit    | Homemade chocolate sponge & custard   | Citrusy Lemon Drizzle cake              | Shortbread & mandarin pieces       |

WC 06/11 27/11 18/12 15/01 05/02 26/02 18/03 08/04

**Available Daily:** Salad, Fresh Bread, Fresh Fruit & Yoghurt