




















































# Autumn week 1

W/C 2 Sep, 23 Sep, 14 Oct, 4 Nov, 25 Nov, 16 Dec

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| <b>Main Meal Choice</b>   | <b>Main Meal Choice</b>   | <b>Main Meal Choice</b>   | <b>Main Meal Choice</b>   | <b>Main Meal Choice</b>   |
| Battered sweet and sour chicken served with rice  | Pasta bolognese served with garlic bread  | Chicken balti curry served with savoury rice, naan bread and raita  | Spaghetti Carbonara with white sauce, bacon and veg   | Fish cakes served with chips, mushy peas or baked beans   |
|     |     |     |   |    |
| <b>Vegetarian Option</b>  | <b>Vegetarian Option</b>  | <b>Vegetarian Option</b>  | <b>Vegetarian Option</b>  | <b>Vegetarian Option</b>  |
| Oriental style vegetable stir fry served with savoury rice and a fortune cookie   | Lentil based bolognese served with garlic bread   | Vegetable balti curry served with savoury rice and naan bread   | Quorn chicken carbonara   | Cheesy veggie wrap served with chips, baked beans or mushy peas   |
|     |     |    |   |    |
| Coconut and pineapple upside down cake  | Butterscotch tart   | Cinnamon and apple cake served with custard   | Chocolate brownie   | Iced lemon cake   |
|    |    |    |   |    |
| <b>Daily Specials</b>   |   |   |   |   |
| Jacket potatoes with various fillings, choice of panini, pizza or a daily special   |   |   |   |   |
| <b>Chiller Bar</b>  |   |   |   |   |
| A selection of freshly made pasta pots, sandwiches, baguettes, bagels, fresh fruit and yoghurts   |   |   |   |   |
| <b>Pasta King</b>   |   |   |   |   |
| Pasta spirals with a choice of sauces   |   |   |   |   |
| <b>Allergens Symbols Key:</b>   |   |   |   |   |
|  Gluten  |  Fish  |  Milk   |  Sulphur Dioxide   |   |
|  Nuts  |  Mustard   |  Peanuts  |  Crustaceans (crab, prawn)   |   |
|  Lupin   |  Egg   |  Sesame   |  Molluscs (mussels, squid etc)   |   |
|  Celery and Celeriac   |   |  Soy Beans and Soya   |   |   |



