



All of our meals are prepared and cooked in house, using fresh ingredients where possible. If you have any questions please ask to speak to our Head Cook

Menu Week 1 – Autumn 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Shepherd's/Quorn Pie and Carrots	Pork / Quorn Meatballs with Cous Cous	Beef and Onion / Veggie Puff Pastry Pie, New Potatoes and Vegetables	Pork / Veggie Sausage with Mash, Peas and Gravy	Fish Cake with New Potatoes and Beans
Pudding	Fruit Yoghurt	Strawberry Artichoke Roll	Apple Tray Bake	Flapjack	Ginger Cookie
Tea	Potato and Leek Soup with Crusty Bread Roll	Bean & Veggie Hot Pot	Tomato and Basil Pasta Bake	Veggie Curry & Wholemeal Rice	Butterbean & Chorizo Stew
Pudding	Pancakes	Lemon Drizzle Cake	Shortbread Biscuit	Carrot Cake	Fruit Yoghurt

Week commencing: 4/10, 18/10, 1/11, 15/11, 29/11, 13/12, 27/12,

Menu Week 2 – Autumn 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Beef / Quorn Spaghetti Bolognese	Veggie Burgers with Herby Diced Potato and Beans	Roast Chicken / Quorn, Roast Potatoes, Mixed Vegetables and Gravy	Vegetable Stew with Herby Dumplings	Savoury Quorn / Mince Lamb with Mash Potato
Pudding	Fruit Yoghurts	Vanilla Ice Cream	Oat Biscuit	Fruit Jelly	Chocolate Brownie
Tea	Macaroni Cheese & Sweetcorn	Potato and Leek Soup with Crusty Bread Roll	Sweet Potato and Chick Pea Curry with Wholegrain Rice	Chicken / Quorn Burger in a Bun with Corn on the Cob	Jacket Potato with Tuna Mayonnaise and Cheese
Pudding	Fruit Mousse	Pancakes	Fruit Yoghurt	Peach Muffin	Fruit Yoghurt

Week commencing: 11/10, 25/10, 8/11, 22/11, 6/12, 20/12,

** These puddings have reduced sugar content, up to 60%*