

AUTUMN MENU WEEK 1

MONDAY

Main: Tri-colour pasta with a tomato, onion, garlic and herb sauce served with grated cheese and green beans

Desert: Fresh Fruit

TUESDAY

Main: Vegetarian Shepherd's Pie served with broccoli and carrots

Desert: Greek Yoghurt with Fruit Puree

WEDNESDAY

Main: Homemade Vegetarian Curry served with rice and naan bread

Desert: Fruit Biscuit

THURSDAY

Main: Fish pie served with peas and sweetcorn

Desert: Fresh Fruit Medley

FRIDAY

Main: Vegetarian Meatballs in a tomato sauce served with spaghetti and seasonal vegetables

Desert: Coconut Cake

Alternatives will be offered to cater for all dietary requirements and allergies

Fresh Fruit available each day during snack and meal times consisting of fruits such as banana, kiwi, apples, oranges, grapes, blueberries, melon, pears

AUTUMN MENU WEEK 2

MONDAY

Main: Vegetarian Toad in the Hole served with roast potatoes, peas, carrots and onion gravy

Desert: Rice Pudding with Apple Puree

TUESDAY

Main: Tuna pasta bake served with salad

Desert: Apricot Cobbler with custard

WEDNESDAY

Main: Vegetarian Chilli con Carne served with rice and seasonal vegetables

Desert: Greek Yoghurt with Fruit

THURSDAY

Main: Vegetable tagine served with cous cous

Desert: Fresh Fruit

FRIDAY

Main: Fishcakes served with potato wedges, peas and sweetcorn

Desert: Dried Fruit Cookie

Alternatives will be offered to cater for all dietary requirements and allergies

Fresh Fruit available each day during snack and meal times consisting of fruits such as banana, kiwi, apples, oranges, grapes, blueberries, melon, pears

AUTUMN MENU WEEK 3

MONDAY

Main: Vegetarian Lasagne served with garlic bread and salad

Desert: Fresh Fruit

TUESDAY

Main: Quorn burgers served in a bun with crispy lettuce, sweet potato chips, sweet cucumbers & sweetcorn

Desert: Natural Yoghurt with fruit puree or honey

WEDNESDAY

Main: White fish with mashed potatoes, served with carrots and peas

Desert: Raisin and cinnamon cake

THURSDAY

Main: Vegetarian Sausages with roasted potatoes, served with seasonal vegetables and gravy

Desert: Fresh Fruit

FRIDAY

Main: Macaroni Cheese with salad

Desert: Fruit Flapjack

Alternatives will be offered to cater for all dietary requirements and allergies

Fresh Fruit available each day during snack and meal times consisting of fruits such as banana, kiwi, apples, oranges, grapes, blueberries, melon, pears

AUTUMN MENU WEEK 4

MONDAY

Main: Vegetable Hot Pot with petite pois

Desert: Fresh Fruit

TUESDAY

Main: Vegetarian Spaghetti Bolognese served with seasonal vegetables

Desert: Ice cream and banana

WEDNESDAY

Main: Quorn and Vegetable Pie with mashed potato and greens

Desert: Dried Fruit Cupcakes

THURSDAY

Main: Homemade Pizza with vegetarian toppings, served with carrot sticks, pepper sticks and sweet cucumbers

Desert: Natural Yoghurt and fruit puree

FRIDAY

Main: Vegetarian Moussaka and garlic bread, served with cucumber, tomatoes and sweetcorn

Desert: Fresh Fruit

Alternatives will be offered to cater for all dietary requirements and allergies

Fresh Fruit available each day during snack and meal times consisting of fruits such as banana, kiwi, apples, oranges, grapes, blueberries, melon, pears