

Autumn-Winter Menu

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	Soup De Jour	Soup De Jour	Soup De Jour	Soup De Jour	Soup De Jour
MAIN MEAT CHOICES	<p>Free From</p> Chicken Peri Peri with Mexican style rice	<p>Free From</p> Gluten free Chicken Pasta Carbonara	<p>Free From</p> Sage & Lemon Roast Chicken	<p>Free From</p> Mexican Beef Taco	<p>Gluten Free</p> battered Cod fillet (Contains Fish) with Handmade tartare sauce& Citrus Wedge (Contains egg) Pepperoni Pizza Contains Gluten, dairy)
	<p>Free From</p> Gammon Steak (GF,DF,EF)	Cumberland Sausage & Champ Mash Potato	<p>Free From</p> Cottage pie	Chicken, Leek & Lentil Pie with individual puff pastry lid	
VEGETARIAN	Nut Free Pesto Pasta	<p>Free From</p> Vegan Butternut Squash Risotto	<p>Free From</p> Vegetable & Lentil Cottage pie	Vegan Cheese & Bean quesadilla`s	Margherita Cheese & Tomato Pizza
SIDES	Broccoli, Baked Beans, Potato wedges and New Potato	Garlic bread, Diced Potatoes, New Potatoes, Baked Beans assorted Vegetables	Roasted vegetables, Sliced Carrots, Savoy Cabbage Roast Potatoes, New potatoes, Roast Gravy Yorkshire Pudding, Stuffing	Baked Beans, Roast Cauliflower, Cheese Vegetables, New potatoes Herb Diced Potatoes	Garden Peas, Baked Beans, Mushy Peas, Chipped potatoes, Roasted New Potatoes
JACKETS	Jacket Potato, baked beans, Cheddar Cheese etc				
DESSERT	Crumble & Custard Sweet Potato Brownie	Raspberry & Lemon Crumble cake Biscoff cheesecake	Rice pudding & jam sauce Carrot Cake cookie	Jam Roly Poly & Custard Jam Doughnuts	Ice cream pot with Shortbread thins
	Organic yoghurt, Fresh fruit platter				
SALAD BAR	Assorted Daily Composite Salads	Assorted Daily Composite Salads	Assorted Daily Composite Salads	Assorted Daily Composite Salads	Assorted Daily Composite Salads
	Tomato, Mixed leaves, Grated cheese, Butter, Selection of dressings and toppings, Carrot & cucumber pot,, Sliced Mixed Peppers				