

Autumn-Winter Menu

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	Soup De Jour With Fresh Baked Bread	Soup De Jour With Fresh Baked Bread	Soup De Jour With Fresh Baked Bread	Soup De Jour With Fresh Bread	Soup De Jour With Fresh Baked Bread
MAIN MEAT CHOICES	<p>Free From</p> <p>Roast Chicken Breast Cattiatore</p> <p>Puff Pastry Sausage rolls (Contains, Glute)</p>	<p>Free From</p> <p>Turkey Meatballs with Chipotle tomato Sauce</p> <p>Beef Steak Pie (Contains Gluten)</p>	<p>Free From</p> <p>Roast Pork Loin, apple sauce</p> <p>Sweet Potato Mac n Cheese</p>	<p>Free From</p> <p>Grilled Chicken Steak with Spanish Roasted Vegetables</p> <p>Korean Style Crispy Pork with Pickled Vegetable</p>	<p>Battered Cod Haddock fillet (Contains Gluten, Fish) with Handmade tartare sauce& Citrus Wedge (Contains egg) Pepperoni Pizza Contains Gluten, dairy)</p>
VEGETARIAN	Vegan Sausage rolls	<p>Free From</p> <p>Vegan Chickpea, Spinach, Falafal Meat balls in Chipotle Tomato Sauce</p>	Tomato Pasta with vegan Pesto (Contains Gluten)	Vegetable Chow Mein	Cheese & Tomato Pizza (Contains Gluten Dairy)
SIDES	Broccoli, Baked Beans, Potato wedges and New PotatoNaan Bread	Baked Beans assorted Vegetables	Roasted vegetables, Baton Carrots, Savoy Cabbage Roast Potatoes, New potatoes, Roast Gravy	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	Chocolate dipped shortbread	Lemon curd & poppy seed muffins	Kimbolton Blueberry Cup Cakes	Apple Sponge with custard	Ice cream pot and short bread thin
	Waffles and toffee sauce	Rocky Road	Free From Short Bread Biscuits	Oat & Raisin cookie	Brookie`s
SALAD BAR	Low fat Fruit yoghurt, Fresh fruit pots				
	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					