

## **Autumn/Winter Week 1**

### **MONDAY**

#### **Curry Bar**

Kerala Chicken Curry, Quorn Rogan Josh or  
Sweet Potato and Chick Pea Curry

Cucumber Raita, Mango Chutney and  
Garlic and Coriander flat breads

Braised Turmeric Rice  
Sag Aloo

Spicy Beef Enchiladas  
With  
Mixed Salad and Coleslaw

Jacket Potatoes with a selection of fillings

Apple & Cinnamon Crumble  
with Custard

Selection of Sandwiches and Hand Held Snacks  
Cakes, Yoghurt Cookies and Fruit

## **TUESDAY**

Freshly Made Burger, Bun and Salad  
with grilled bacon, sliced cheddar cheese  
and burger relish

Grilled Peppered Chilli Chicken  
With Salsa and Mixed Salad

Roast Vegetable Khobez Flat Bread

Rosy Coleslaw and Warm Potato Salad

Jacket Potatoes with a selection of fillings

Strawberry Ice Cream, fresh fruit

Selection of Sandwiches and Hand Held Snacks

Cakes, Yoghurt Cookies and Fruit

## **WEDNESDAY**

Roast Turkey,  
roast gravy, sage and onion seasoning &  
cranberry sauce

Roast Quorn Fillet with Gravy

Roast New Potatoes with Rosemary,  
Broccoli Florets  
Roasted Carrots

Salmon and Spinach Filo Tart

Jacket Potatoes with a selection of fillings

Lemon Drizzle Cake  
Lemon sauce

Selection of Sandwiches and Hand Held Snacks

Cakes, Yoghurt Cookies and Fruit

## **THURSDAY**

BBQ Pulled Pork  
with red cabbage slaw in a bun

Jerk Chicken with fluffy rice

Three Bean Chilli sin Carne

Garden Peas, Carrot Rounds

Jacket Potatoes with a selection of fillings

Mango Cheesecake Pot

Selection of Sandwiches and Hand Held Snacks

Cakes, Yoghurt Cookies and Fruit

## **FRIDAY**

### **Fish Bar Selection**

Fish Fingers🍷  
Grilled Hoki with Parsley Butter🍷

Crispy Baked Sausage Roll

Quorn Hot Dog

Baked Beans, Garden Peas, Mushy Peas  
Chipped Potatoes  
Gherkins and Pickled Onions,  
Curry Sauce and Tomato Sauce

Jacket Potatoes with a selection of fillings

Pancakes with Lemon, Honey or Fruity Sauce

Selection of Sandwiches and Hand Held Snacks

Cakes, Yoghurt Cookies and Fruit

## **Autumn/Winter Week 2**

### **MONDAY**

Spiced Butter Chicken  
Boiled Mixed Rice,  
Cucumber raita, Naan bread  
Green Salad with pickled cucumber

Tomato Tuna Pasta Bake

Quorn and Roasted Tomato Pasta Bake  
Garlic Bread, Coleslaw and Salad

Country Mixed Vegetables

Jacket Potatoes with a selection of fillings

Fresh Treacle Sponge with Custard  
Or  
Vanilla Ice cream Tub

Selection of Sandwiches and Hand Held Snacks

Cakes, Yoghurt Cookies and Fruit

**TUESDAY**  
**Italian Theme Day**

Lasagne al Forno

Ham and Mushroom Carbonnara

3 Cheese Macaroni Bake

Freshly baked Rosemary Focaccia

Mixed or Green Salad

Sliced Green Beans

Jacket Potatoes with a selection of fillings

Mango Frozen Yoghurt

Tiramisu Sponge Cake

Selection of Sandwiches and Hand Held Snacks

Cakes, Yoghurt Cookies and Fruit

## **WEDNESDAY**

Roast Pork, sage and onion seasoning, apple  
sauce  
Roast Gravy

Chilli Con Carne with Rice and Tacos

Roast Quorn Fillet with Gravy

Roast Potatoes, Savoy Cabbage,  
Fresh Glazed Carrots

Jacket Potatoes with a selection of fillings

Selection of Sandwiches and Hand Held Snacks

Cakes, Yoghurt Cookies and Fruit



## **THURSDAY**

Minced Beef Fajita  
with tomato salsa and mint and lime yoghurt  
dressing

Mixed Salad  
Roasted Corn on the Cob

Pork Sausages with Onion Gravy  
Mashed Potato  
Sweetcorn and Peas

Cheese and Tomato Omelette  
New Potatoes,  
Sweetcorn, Mixed Salad

Jacket Potatoes with a selection of fillings

Fruity Feast Flapjack

Selection of Sandwiches and Hand Held Snacks

Cakes, Yoghurt Cookies and Fruit

**FRIDAY**  
**Fish Selection**

Freshly Battered Hoki

Fish Fingers

Grilled Mackerel and  
Tomato Salsa

Quorn Dippers

Oven Baked Chips

Baked Beans, Garden or Mushy Peas

Jacket Potatoes with a selection of fillings

Selection of Sandwiches and Hand Held Snacks

Cakes, Yoghurt Cookies and Fruit

**TUESDAY**  
**Italian Theme Day**

Chicken in Pesto with Penne  
Spaghetti Bolognese

Pizza Margherita or  
Pepper and Quorn Chorizo Pizza

Mixed Salad  
Coleslaw Salad  
Carrots and Peas

Pizza Panini

Jacket Potatoes with Butter

Cappuccino Iced Chocolate Sponge Cake

Selection of Sandwiches and Hand Held Snacks

Cakes, Yoghurt Cookies and Fruit

## **Autumn/Winter Week 3**

### **MONDAY**

Chicken Korma with  
Mixed Boiled Rice  
Garlic flat bread and Green Salad

Phat Pasty Sausage Roll  
Jacket Potato ½  
Baked Beans

Ratatouille, Bean and Cheese Quesadilla

Green Beans and Sautéed Courgettes

Jacket Potatoes with a selection of fillings

Selection of Sandwiches and Hand Held Snacks

Cakes, Yoghurt Cookies and Fruit

## **TUESDAY**

Braised Meatballs in Tomato Sauce  
Mixed Grain Rice

Pulled Pork and Coleslaw Wraps  
with Barbecue sauce

Bean and Vegetable Enchilada  
Baked in the oven with a cheese sauce

Mixed Salad  
Broccoli Florets

Jacket Potatoes with a selection of fillings

Carrot and Apple Muffin

Selection of Sandwiches and Hand Held Snacks

Cakes, Yoghurt Cookies and Fruit

**WEDNESDAY**

Roast Chicken  
apple sauce and gravy

Roast Gammon

Roast Quorn Fillet with Gravy

Roast Potatoes  
Savoy Cabbage  
Cauliflower Cheese

Tomato and Basil Pasta

Jacket Potatoes with a selection of fillings

Selection of Sandwiches and Hand Held Snacks

Cakes, Yoghurt Cookies and Fruit

## **THURSDAY**

### Tastes of the Orient

Chicken in Hoi Sin Sauce  
with peppers and onions

Slow braised Chinese Pork

Quorn Strips in Sweet and Sour Sauce

Stir fried Chinese Leaf and Bok Choi  
with Noodles

Oriental Vegetables

Jacket Potatoes with a selection of fillings

Fruit Fool Pots

Selection of Sandwiches and Hand Held Snacks

Cakes, Yoghurt Cookies and Fruit

**FRIDAY**  
**Fish Bar Selection**

Oven Baked Pollock 🐟  
Freshly Battered Hoki  
Grilled Hoki & Parsley Butter  
Fish Fingers

Cheese and Mushroom Pizza

Baked Beans, Garden or Mushy Peas  
Chipped Potatoes

Jacket Potatoes with a selection of fillings

Neapolitan Ice Cream Slice with Fresh Fruit  
Topping

Selection of Sandwiches and Hand Held Snacks

Cakes, Yoghurt Cookies and Fruit



Thursday

Pizza Selection

A range of Neo Pizza Slices

Calzone, Thick Crust and Thin and Crispy  
Or  
Individual 6"

Salad Bar Selection for you to help yourself

Jacket Potatoes with a selection of fillings

Vanilla Yoghurt with Fruit Topping

Selection of Sandwiches and hand Held Snacks

Cakes, Yoghurt Cookies and Fruit