

MENUS FOR AUTUMN 2016**WEEK ONE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Pepperoni Pizza	Spaghetti Bolognaise	Roast Pork	Pork Sausages	Barbecue Chicken
VEGETARIAN	Margarita Pizza	Quorn Bolognaise	Lentil Bake	Vegetable Sausages	Barbecue Quorn
POTATOES OR ALTERNATIVE		Crusty Bread	Roast Potatoes	Mashed Potatoes	Rice
VEGETABLES	Salad	Sweetcorn	Seasonal Vegetables and Gravy	Peas and Gravy	Green Beans
DESSERT	Choc Ice	Sticky Toffee Pudding and sauce	Iced Sponge	Carrot Cake	Flapjack and Fresh Fruit

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Fish Cakes	Beef Lasagne	Roast Chicken	Lamb Chilli	Jacket Potatoes and Fillings
VEGETARIAN	Vegetable Nuggets	Quorn Lasagne	Quorn Casserole	Vegetable Chilli	Jacket Potatoes and Fillings
POTATOES OR ALTERNATIVE	Chips	Crusty Bread	Mashed Potatoes	Rice	
VEGETABLES	Peas	Salad	Seasonal Vegetables and Gravy		Salad
DESSERT	Double Choc Chip Cookies	Ice Cream	Cherry Shortbread	Jam Tart and Custard	Flapjack and Fresh Fruit

WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Tuna Pasta Bake	Chicken and Sweetcorn Pie	Roast Beef	Chicken Korma	Burger in a Bun
VEGETARIAN	Cheese and Vegetable Bake	Quorn and Sweetcorn Pie	Quorn and Bean Bake	Vegetable Korma	Vegetable Burger in a Bun
POTATOES OR ALTERNATIVE	Garlic Bread		Roasted New Potatoes	Rice	
VEGETABLES	Salad	Broccoli and Gravy	Seasonal vegetables and Gravy	Naan Bread	Salad
DESSERT	Rice Crispy Mallow Cake	Fruit Flapjack and Fresh Fruit	Jelly	Chocolate Sponge and Chocolate Sauce	Fairy Cakes