

# ON THE MENU

13<sup>th</sup> October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Cereal & Toast Baked Beans	Cereal & Toast American Pancakes with Banana	Scrambled Eggs & Whole meal Toast	Cereal & Toast Porridge & Berries	Cereal & Toast Sausage Pattie Baguette
<b>MAIN MEAL</b>	Vietnamese Sticky Pork Soy Fried Noodles Prawn Crackers	Rich Steak and Onion Pie Buttered Mash Gravy	Pasta Bar Carbonara Arrabiata Garlic Bread	Chicken Tikka Masala Braised Rice Poppadom	Pepperoni Pizza Margherita Pizza French Fries
<b>MAIN MEAL</b>	Vietnamese Sticky Quorn	Butternut Squash, Leek and Mushroom Pie		Vegetable Dansak Mint Raita & Mango Chutney	
<b>SIMPLE CHOICE</b>	Jacket Potato Beans & Cheese	Wholewheat Pasta in Tomato & Cream Sauce	Jacket Potato Tuna & Cheese	Wholewheat Pesto Pasta	Salmon and Dill Fishcake
<b>SIDES</b>	Stir Fry Asian Greens Roasted Corn	Honey Parsnip Carrots	Steamed Broccoli Sweetcorn	Rosted Cauliflower Green Beans	Baked Beans Peas
<b>DESSERT</b>	No Sugar Carrot Cake	Yoghurt & Fresh Fruit	Jelly & Yoghurt	Apple Crumble Custard	Yoghurt & Fresh Fruit
<b>LITTLE TEA</b>	Vegetable Sticks, Hummus & Pitta	Reduce Sugar Cookie	Cheese & Crackers	Fresh Fruit Platter	Cream Cheese & Cucumber pinwheels

# ON THE MENU

29<sup>th</sup> September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal & Toast Porridge & Berries	Cereal & Toast Sausage Pattie Baguette	Cereal & Toast Baked Beans	Cereal & Toast American Pancakes with Banana	Boiled Eggs & Whole meal Toast
MAIN MEAL	Tomato & Paprika Chicken Pineapple Salsa Roasted Coconut Rice	Honey Roast Gammon Roasted New Potato  Rich Thyme Gravy	Jacket Potato Bar Coronation Chicken Curry  Tuna Mayo Baked Beans Cheese & Coleslaw	Lamb and Potato Moussaka  Root Vegetable Lasagne	Fish Goujons Wrap  Coleslaw  French Fries
MAIN MEAL	Sweet Potato, Plantain, Okra Curry	Pumpkin and Mushroom Wellington			
SIMPLE CHOICE	Jacket Potato Beans & Cheese	Whole wheat Pasta Tomato and Basil Sauce	Bean Stuffed Peppers with Chilli & Tomato Drizzle	Whole wheat Pasta with Hidden Vegetable Sauce	Pesto Pasta
SIDES	Sautee Green Beans Sweet Peppers	Glaze Carrots Sautéed Savoy Cabbage	Creamed Leeks Roasted Broccoli	Spiced Baked Aubergine Steamed Peas	Cajun Baked Beans Roasted Corn
DESSERT	Blueberry & Oat Muffin	Yoghurt & Fresh Fruit	Jelly & Yoghurt	Yoghurt & Fresh Fruit	Reduced Sugar Cookie
LITTLE TEA	Fresh Fruit Platter	Reduced Sugar Flapjack	Vegetable Sticks, Hummus & Pitta	Cheese & Crackers	Fresh Fruit Platter

# ON THE MENU

6<sup>th</sup> October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Scrambled Eggs & Whole meal Toast	Cereal & Toast Hash Browns & Poached Eggs	Cereal & Toast Sausage Pattie Baguette	Cereal & Toast Porridge & Berries	Cereal & Toast American Pancakes with Banana
MAIN MEAL	Beef Chilli and Rice With Tortilla Chipps & Sour Cream	Sausage Plait , Apple Sauce & Sage Stuffing  Roasted New Potato	<u>Noodle Bar</u>  Chicken Chow Mein  Hoisin Beef	Chicken Fajita Tortilla Wrap  Sour Cream, Salsa Guacamole , Jalapenos	Fish Goujons  Tartar Sauce  Lemon Wedge  French Fries
MAIN MEAL	Butternut Squash, Cauliflower, Chickpea Tagine with Cous Cous	Spicy Bean Burger Rocket Tomato Salsa  Brioche Bun	Sweet and Sour Vegetable Prawn Crackers	Quorn Vegetable Fajita	Bubble and Squeak Fried Egg topped with Crispy Onions
SIMPLE CHOICE	Jackets Beans and Cheese	Pasta & Rich Tomato Sauce	Jackets Cheese & Coleslaw	Mac and Cheese	
SIDES	Roasted Aubergine Steamed Green Beans	Honey Carrots Braised Red Cabbage	Vegetable Stir Fry  Peas	Sweetcorn Baked Courgettes	Baked Beans  Mushy Peas
DESSERT	Date Sponge & Custard	Yoghurt & Fresh Fruit	Jelly & Yoghurt	Reduced Sugar Chocolate Cake	Yoghurt & Fresh Fruit
LITTLE TEA	Cheese & Crackers	Reduced Sugar Orange Cake	Vegetable Sticks, Hummus & Bread Sticks	Fresh Fruit Platter	Cheese Puffs