






Week One Autumn Term Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup STARTER	Tomato Soup Homemade Bread	Mixed Vegetable Homemade Bread	Broccoli Soup Homemade Bread	Courgette and Thyme Soup Homemade Bread	Sweetcorn Chowder Soup Homemade Bread
Tasty MAIN	Tandoori Chicken	Lemon and Thyme Roast Chicken	Beef Lasagna	Cajun Chicken Wraps	Chip Shop Friday Homemade Tartar Sauce and Lemon Wedge
 VEGGIE Lovers	5 Bean and Tofu Chilli	Roasted Quorn and Vegetable Bake	Sundried Tomato and Pesto Gnocchi	Butternut Squash and Pepper Tagine with Couscous	Potato and Pepper Tortilla
 on the SIDE	Rice, Naan Bread, Broccoli, Courgettes, Peppers Jacket Potatoes and Salad and Pasta Bar	Roast Potatoes, Caramelised Carrots, Broccoli, Gravy Jacket & Salad Bar	Mediterranean Vegetables, Peas Jacket & Pasta Bar Salad Bar	Potato Wedges Roasted Cauliflower and Sweetcorn Jacket & Salad Bar Smoked Mackerel	Garden Peas Baked Beans Skinny Fries Jacket & Salad Bar Smoked Mackerel
 TASTY PUDS	Apple & Blackberry Crumble with Custard Fresh Yoghurt and Fruit	Vanilla Cheesecake & Berry Compote Fresh Yoghurt or Fruit	Chocolate Sponge Fresh Yoghurt or Fruit	Eton Mess Fresh Yoghurt or Fruit	Warm Chocolate & Beetroot Brownie Fresh Yoghurt or Fruit

Food Allergies and intolerances: Please ask a member of staff if you require information on the ingredients in the food we serve or require a special meal

GF = gluten free, DF = Dairy Free, Suitable for Vegans. For details on all allergens please speak to the staff. All sides are vegan. Fruit platters are GF, DF and suitable for vegans. Please speak to us about specific dietary requirements. Halal dishes can be provided on request.

Week Two Autumn Term Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup STARTER	Carrot and Cumin Soup Homemade Bread	Roasted Pepper Soup Homemade Bread	Vegetable Soup Homemade Bread	Mushroom Soup Homemade Bread	Butternut Squash Soup Homemade Bread
Tasty MAIN	Sweet Chilli Chicken	Roast Gammon	Cumberland Sausages	Sticky Chicken Thighs	Chip Shop Friday Homemade Tartar Sauce and Lemon Wedge
 VEGGIE Lovers	Soy and Honey Quorn Vegetable Stir fry	Cheese and Tomato Quesadilla	Quorn Sausages	Roast Vegetable Chilli	Mac n Cheese
 on the SIDE	New Potatoes Baby Corn Mangetout Jacket Potato, Pasta, and Salad Bar	Roasted Potatoes Steamed Carrots Cabbage Gravy Jacket & Salad Bar	Creamed Mash Potato Roast Onion and Peppers Peas Gravy Jacket, Pasta, and Salad Bar	Rice Spicy Butternut Squash Green Beans Jacket & Salad Bar Mackerel	Garden Peas Baked Beans Skinny Fries Jacket & Salad Bar Smoked Mackerel
 TASTY PUDS	Iced Sponge Fresh Yoghurt or Fruit	Fruit Crumble and Cream Fresh Yoghurt or Fruit	Strawberry Cheesecake Fresh Yoghurt or Fruit	Chocolate Chip Sponge Fresh Yoghurt or Fruit	Chocolate Pots Fresh Yoghurt or Fruit

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Week Three Autumn Term Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup STARTER	Carrot and Coriander Soup Homemade Bread	Sweetcorn Chowder Soup Homemade Bread	Cauliflower Soup Homemade Bread	Cabbage and Carraway Soup Homemade Bread	Tomato and Basil Soup Homemade Bread
Tasty MAIN	Southern Smoke Beef Chilli with flat breads	Roast Loin of Pork with Yorkshire Pudding	Beef Curry with Poppadoms	Peri Peri Chicken	Chip Shop Friday Homemade Tartar Sauce and Lemon Wedge
VEGGIE Lovers	Vegan Minced Chilli	Oomph with Mushroom Sauce	Butternut Squash and Sweet Potato Curry	Creamy Vegan Vegetable Pie	Halloumi Burger
on the SIDE	Streamed Rice Buttered Courgette and Sweetcorn Jacket, Pasta, and Salad Bar	Gravy Roast Potatoes Cauliflower Glazed Carrots Jacket & Salad Bar	Rice Cabbage Sweetcorn Jacket, Pasta Bar Salad Bar	New Potatoes Broccoli Carrots Jacket & Salad Bar Smoked Mackerel	Garden Peas Baked Beans Skinny Fries Jacket & Salad Bar Smoked Mackerel
TASTY PUDDS	Vanilla Cookie Fresh Yoghurt or Fruit	Raspberry Fall Fresh Yoghurt or Fruit	Lime Cheesecake Fresh Yoghurt or Fruit	Lemon Drizzle Fresh Yoghurt or Fruit	Jam and Coconut Sponge Fresh Yoghurt or Fruit

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