

# Autumn menu

## Monday

Roasted red pepper and tomato soup

Chicken Shawarma flatbread

Neapolitan beany pasta

Jacket potatoes

Broccoli Peppers

Peach shortcake crumble  
Low fat yoghurt pot  
Assorted jellies

## Tuesday

Carrot and coriander soup

Pasta bolognese

Vegetarian pasta bake

Quorn escalope with emmental cheese & tomato chutney

Pasta  
Sweetcorn  
Garlic bread

Chocolate, jam and coconut sponge  
Low fat yoghurt pot  
Assorted jellies

## Wednesday

Spicy butternut squash soup

Roast bacon with pineapple

Sweet potato & chickpea roast

Jacket potatoes

Roast potatoes  
Carrots & Cabbage

Carrot cake muffins  
Low fat yoghurt pot  
Assorted jellies

## Thursday

Mushroom soup

Turkey and leek pie

Mac n Cheese bar  
Bbq chicken  
Crispy bacon  
cauliflower crumb

New potatoes  
Green beans  
Roasted butternut squash

Fruit slice  
Low fat yoghurt pot  
Assorted jellies

## Friday

Thai sweet potato soup

Cod goujons

Southern fried chicken

Spicy quorn escalope

Chips  
Garden peas  
Sweetcorn

Raspberry yoghurt cake  
Low fat yoghurt pot  
Assorted jellies

A selection of salads will be available each day.

WEEK  
COMMENCING  
27<sup>TH</sup> SEPTEMBER

*All our meals are freshly made*

# Autumn menu

## Monday

Creamed sweetcorn soup  
 Chicken chow mein  
 Vegetable chow mein  
 Jacket potatoes  
 Stir fried greens  
 Apple & berry crumble  
 Low fat yoghurt  
 Fruit salad

## Tuesday

Spiced chickpea & coconut soup  
 Traditional cottage pie  
 Turkey meatballs in tomato sauce  
 Vegan meatballs in tomato sauce  
 Wholemeal pasta  
 Green beans  
 Sweetcorn  
 Chocolate brownie  
 Low fat yoghurt and fruit  
 Assorted jellies

## Wednesday

Tomato and Mediterranean vegetable soup  
 Roast pork  
 Quorn roast  
 Jacket potatoes  
 Ratatouille  
 Roast potatoes  
 Carrots & Cauliflower  
 Lemon and blueberry drizzle cake  
 Fruit in jelly  
 Low fat yoghurt and fruit

## Thursday

Red lentil soup  
 Beef lasagne  
 Mediterranean vegetable lasagne  
 Wholemeal pasta  
 Roasted peppers and courgettes  
 Garlic bread  
 Marble cake with chocolate sauce  
 Low fat yoghurt pot  
 Assorted jellies

## Friday

Leek and potato soup  
 Cod goujons or Battered pollock  
 Piri Piri chicken supreme  
 Quorn escalope  
 Chips  
 Garden peas  
 Baked beans  
 Maggie's Apple cake  
 Raspberry trifle  
 Low fat yoghurt pot

A selection of salads will be available each day.

WEEK  
 COMMENCING  
 4<sup>TH</sup> OCTOBER

*All our meals are freshly made*

# Autumn menu

## Monday

Butternut and coriander soup

Italian chicken and tomato

Veggie Bolognese

Tomato & vegetable sauce

Wholemeal pasta  
Garlic bread  
Green beans

Jam sponge & custard  
Low fat yoghurt and fruit  
Assorted jellies

## Tuesday

Courgette and pea soup

Breaded chicken katsu

Breaded quorn katsu

Jacket potatoes

50/50 rice  
Pad ped Jay  
Sweetcorn

Apple and blackberry crumble

Low fat yoghurt and fruit  
Assorted jellies

## Wednesday

Tomato and basil soup

Roast turkey

Beetroot wellington

Jacket potatoes

Roast potatoes  
Broccoli  
Carrots

Steamed chocolate sponge & chocolate sauce

Low fat yoghurt and fruit  
Assorted jellies

## Thursday

Green giant soup

Mandarin barbecued pork

Mandarin Bbq Quorn

Wholemeal pasta & tomato sauce

50/50 rice  
Stir fried Vegetables  
Pak choi  
Prawn crackers

Baked cheesecake  
Low fat yoghurt and fruit  
Assorted jellies

## Friday

Sweet potato and carrot soup

Battered pollock

Cumberland sausages

Cheese and onion slice

Chips  
Garden peas  
Baked beans

Orange and chocolate chip shortbread

Low fat yoghurt and fruit  
Assorted jellies

A selection of salads will be available each day.

WEEK  
COMMENCING  
11<sup>TH</sup> OCTOBER

*All our meals are freshly made*