

# AUTUMN 2024 MENUS

WEEKS COMMENCING: 2 SEPT / 23 SEPT / 14 OCT / 11 NOV / 2 DEC

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH OF THE DAY</b>	BBQ Chicken	Meat Feast Pizza (G, MK)	Roast Turkey & Gravy	Meatball Pasta Bake (E, G, MK, SO)	Fish Fingers & Chips (F, G)
<b>VEGETARIAN DISH OF THE DAY</b>	BBQ Vegetable Wrap (CE, G*)	Margherita Pizza (G, MK)	Vegetable Parcel (CE, G)	Tomato & Basil Pasta (CE, G)	Vegan Nuggets & Chips (G)
<b>VEGETABLE CHOICE</b>	Rice, Sweetcorn & Peppers (CE)	Homemade Potato Wedges & Baked Beans	Rustic Roast Potatoes & Medley of Seasonal Vegetables	Garlic Bread & Green Salad (G, MK*, SO*)	Beans or Peas
<b>DESSERT OF THE DAY</b>	Syrup Sponge with Custard (E, G, MK)	Selection of Fruit Mousse (MK)	Fresh Fruit & Jelly	Vanilla Shortbread Biscuit (G)	Ice Cream & Jelly (MK)
<b>JACKET POTATO BAR</b>	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
<b>COLD SELECTION</b>	Salad Bar Homemade Bread (E*, G, SO, MK) Fresh Fruit	Salad Bar Homemade Bread (E*, G, SO, MK) Fresh Fruit	Salad Bar Homemade Bread (E*, G, SO, MK) Fresh Fruit	Salad Bar Homemade Bread (E*, G, SO, MK) Fresh Fruit	Salad Bar Homemade Bread (E*, G, SO, MK) Fresh Fruit

WEEKS COMMENCING: 9 SEPT / 30 SEPT / 21 OCT / 18 NOV / 9 DEC

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH OF THE DAY</b>	Savoury Beef Mince (CE)	Meat Feast Pizza (G, MK)	Battered Fish & Chips (F, G)	Butter Chicken Curry & Rice (CE, G*)	Meatballs & Spaghetti (E, G)
<b>VEGETARIAN DISH OF THE DAY</b>	Winter Vegetable Stew (CE)	Margherita Pizza (G, MK)	Veggie Sausage Roll (G, MK*)	Vegetable Curry with Rice (G*)	Mac & Cheese (G, MK)
<b>VEGETABLE CHOICE</b>	Rice, Carrots & Cabbage	Homemade Potato Wedges & Baked Beans	Beans or Peas	Green Beans & Cauliflower	Garlic Bread & Chef's Salad (G, MK*, SO*)
<b>DESSERT OF THE DAY</b>	Selection of Fruit Mousse (MK)	Yoghurt & Fresh Fruit (MK)	Fresh Fruit & Ice Cream (MK)	Fresh Fruit & Jelly	Classic Jam Sponge & Custard (E, G, MK, SO*, SU)
<b>JACKET POTATO BAR</b>	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
<b>COLD SELECTION</b>	Salad Bar Homemade Bread (E*, G, SO, MK) Fresh Fruit	Salad Bar Homemade Bread (E*, G, SO, MK) Fresh Fruit	Salad Bar Homemade Bread (E*, G, SO, MK) Fresh Fruit	Salad Bar Homemade Bread (E*, G, SO, MK) Fresh Fruit	Salad Bar Homemade Bread (E*, G, SO, MK) Fresh Fruit

WEEKS COMMENCING: 16 SEPT / 7 OCT / 4 NOV 25 NOV / 16 DEC

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH OF THE DAY</b>	Butchers Sausage & New Potatoes with Gravy (G, SO, SU)	Beef Burger & Homemade Potato Wedges (G, SE*, SO)	Roast Chicken & Gravy	Spaghetti Beef Bolognese (G)	Fish Fingers & Chips (F, G)
<b>VEGETARIAN DISH OF THE DAY</b>	Veggie Sausage & New Potatoes with Gravy (G)	Vegetable Burger & Homemade Potato Wedges (SE*)	Roasted Vegetable Filo Parcel & Homemade Tomato Sauce (CE, G)	Vegetable Bolognese with Spaghetti (CE, G)	Winter Vegetable Quiche (E, G, MK)
<b>VEGETABLE CHOICE</b>	Peas & Broccoli	Beans or Coleslaw (E, MU)	Rustic Roast Potatoes & Seasonal Vegetables	Garlic Bread & Green Salad (G, MK*, SO*)	Beans or Peas
<b>DESSERT OF THE DAY</b>	Winter Berry Traybake (E8, G, MK, SO)	Fresh Fruit & Jelly	Ice Cream & Jelly (MK)	Yoghurt	Fresh Mousse & Fresh Fruit (MK)
<b>JACKET POTATO BAR</b>	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
<b>COLD SELECTION</b>	Salad Bar Homemade Bread (E*, G, SO, MK) Fresh Fruit	Salad Bar Homemade Bread (E*, G, SO, MK) Fresh Fruit	Salad Bar Homemade Bread (E*, G, SO, MK) Fresh Fruit	Salad Bar Homemade Bread (E*, G, SO, MK) Fresh Fruit	Salad Bar Homemade Bread (E*, G, SO, MK) Fresh Fruit

ALLERGENS:  
 CE = Celery | CR = Crustacean | E = Eggs | F = Fish | G = Cereals Containing Gluten | L = Lupin | MK = Milk | MO = Molluscs | MU = Mustard  
 | N = Nuts | P = Peanuts | SO = Soya | SU = Sulphur | SE = Sesame Seeds | \* = May Contain

WEEKS COMMENCING: 2 SEPT / 23 SEPT / 14 OCT / 11 NOV / 2 DEC

**WEEK 1**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH OF THE DAY</b>	BBQ Chicken	GF/DF Pepperoni Pizza	Roast Turkey & Gravy	Homemade Beef Meatballs with GF Pasta	GF Fish & Chips (F)
<b>VEGETARIAN DISH OF THE DAY</b>	Caribbean Vegetable Curry	GF/DF Margherita Pizza	Jacket Potato with DF Cheese & Beans	Tomato & Basil GF Penne Pasta	Jacket Potato with DF Cheese & Beans
<b>VEGETABLE CHOICE</b>	Jollof Rice with Seasonal Vegetables	Seasoned Potato Wedges & Sweetcorn	Rustic Roast Potatoes & Vegetables	Mixed Salad	Beans or Peas
<b>DESSERT OF THE DAY</b>	Allergy Free Chef's Cake	Fruit Pot	Fruit Fruit & Jelly	GF Shortbread Biscuit	Fruit Jelly
<b>JACKET POTATO BAR</b>	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
<b>COLD SELECTION</b>	Daily Salad Bar & a Selection of Fresh Fruit & Jelly	Daily Salad Bar & a Selection of Fresh Fruit & Jelly	Daily Salad Bar & a Selection of Fresh Fruit & Jelly	Daily Salad Bar & a Selection of Fresh Fruit & Jelly	Daily Salad Bar & a Selection of Fresh Fruit & Jelly

WEEKS COMMENCING: 9 SEPT / 30 SEPT / 21 OCT / 18 NOV / 9 DEC

**WEEK 2**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH OF THE DAY</b>	Savoury Beef Mince	GF/DF Pepperoni Pizza	GF Fish & Chips (F)	Chicken Curry & Rice	Homemade Beef Meatballs with GF Pasta
<b>VEGETARIAN DISH OF THE DAY</b>	Winter Vegetable Stew	GF/DF Margherita Pizza	Jacket Potato with DF Cheese & Beans	Vegetable Curry & Rice	DF/GF Cheesy Pasta
<b>VEGETABLE CHOICE</b>	Rice, Carrots & Cabbage	Seasoned Potato Wedges & Sweetcorn	Beans or Peas	Seasonal Vegetables	Green Salad
<b>DESSERT OF THE DAY</b>	GF Shortbread Biscuit	Fruit Pot	Fruit Salad	Fresh Fruit & Jelly	Allergy Free Chef's Cake
<b>JACKET POTATO BAR</b>	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
<b>COLD SELECTION</b>	Daily Salad Bar & a Selection of Fresh Fruit & Jelly	Daily Salad Bar & a Selection of Fresh Fruit & Jelly	Daily Salad Bar & a Selection of Fresh Fruit & Jelly	Daily Salad Bar & a Selection of Fresh Fruit & Jelly	Daily Salad Bar & a Selection of Fresh Fruit & Jelly

WEEKS COMMENCING: 16 SEPT / 7 OCT / 4 NOV / 25 NOV / 16 DEC

**WEEK 3**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH OF THE DAY</b>	GF Sausages with DF Crushed Potatoes (SU)	Bunless Homemade Beef Burger	Roast Chicken & Gravy	Penne Beef Bolognese GF Pasta	GF Fish & Chips (F)
<b>VEGETARIAN DISH OF THE DAY</b>	Jacket Potato with DF Cheese & Beans	Bunless Chickpea & Spinach Burger	Jacket Potato with DF Cheese & Beans	Vegetable Bolognese with GF Pasta	GF/DF Margherita Pizza
<b>VEGETABLE CHOICE</b>	Peas & Broccoli	Homemade Potato Wedges & Beans	Rustic Roast Potatoes & Seasonal Vegetables	Garden Salad	Chips & Peas
<b>DESSERT OF THE DAY</b>	Allergy Free Chef's Cake	Fresh Fruit & Jelly	Fruit Jelly	Fruit Salad	GF Shortbread Biscuit
<b>JACKET POTATO BAR</b>	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
<b>COLD SELECTION</b>	Daily Salad Bar & a Selection of Fresh Fruit & Jelly	Daily Salad Bar & a Selection of Fresh Fruit & Jelly	Daily Salad Bar & a Selection of Fresh Fruit & Jelly	Daily Salad Bar & a Selection of Fresh Fruit & Jelly	Daily Salad Bar & a Selection of Fresh Fruit & Jelly

ALLERGENS: CE = Celery | CR = Crustacean | E = Eggs | F = Fish | G = Cereals Containing Gluten | L = Lupin | MK = Milk | MO = Molluscs | MU = Mustard | N = Nuts | P = Peanuts | SO = Soya | SU = Sulphur | SE = Sesame Seeds | \* = May Contain | GF = Gluten Free | DF = Dairy Free



**ALLERGEN FREE MENUS**