

FULL

# AUTUMN LUNCH MENU



MONDAY 5 NOV

- G Pork Sausage in a Roll with Corn on the Cob & Salad
- GED Quorn Sausage in a Roll with Corn on the Cob & Salad
- D Jacket Potato with Ham, Cream Cheese & Cucumber
- GD Toffee Apple Crumble & Custard or Fresh Fruit



TUESDAY 6 NOV

- D Mild Chicken Korma with Rice & Rainbow Vegetables
- GD Homemade Tomato Soup with a Cheese Roll
- D Jacket Potato with Cheese & Baked Beans
- GE Chocolate Brownie or Fresh Fruit

MIDWEEK ROASTS

WEDNESDAY 7 NOV

- GS Roast Beef, Roast Potatoes, Honey Glazed Baby Carrots & Gravy
- GSED Courgette & Tomato Frittata with Roast Potatoes, Honey Glazed Baby Carrots, Gravy
- ED Jacket Potato with Cheese, Coleslaw & Crudités
- G Flapjack or Fresh Fruit

THURSDAY 8 NOV

- GED Hawaiian Pizza with Potato Salad & Whole Green Beans
- GED Margherita Pizza with Potato Salad & Whole Green Beans
- EF Jacket Potato with Tuna Mayo & Sweetcorn
- G Ginger Biscuit or Fresh Fruit

FRIDAY 9 NOV

- GDF Battered Fish with Chips, Peas & Ketchup
- GD Macaroni Cheese with Peas
- E Jacket Potato with Coronation Chicken & Cucumber
- Strawberry Jelly & Peaches or Fresh Fruit

MONDAY 12 NOV

- GDF Baked Fishcake with Buttery Potatoes & Peas
- GD Roasted Vegetable Slice with Buttery Potatoes & Peas
- D Jacket Potato with Cheese & Salad
- D Chocolate Crispy Cake or Fresh Fruit

TUESDAY 13 NOV

- GS Beef Burger in a Wholemeal Roll with Corn on the Cob, Salad & Ketchup
- GED Cheese & Leek Burger in a Wholemeal Roll with Corn on the Cob, Salad & Ketchup
- EF Jacket Potato with Tuna Mayo & Crudités
- G Lemon Shortbread or Fresh Fruit

MIDWEEK ROASTS

WEDNESDAY 14 NOV

- GS Roast Chicken with Roast Potatoes, Whole Green Beans & Gravy
- GSED Vegetable Gratin with Roast Potatoes, Whole Green Beans & Gravy
- Jacket Potato with Ham & Cucumber
- Fresh Melon Wedge

THURSDAY 15 NOV

- Chicken Paella with Whole Green Beans
- GD Homemade Tomato Soup with a Cheese Roll
- D Jacket Potato with Cheese & Baked Beans
- D Apple Wedge and Cheddar Cheese

FRIDAY 16 NOV

- F Lemon Sole Bites with Chips, Peas & Ketchup
- GED Mediterranean Quiche with Chips, Peas & Ketchup
- E Jacket Potato with Ham & Coleslaw
- GED Chocolate Pud-Sey & Chocolate Sauce or Fresh Fruit

MONDAY 19 NOV

- Chicken & BBQ Sauce with Colourful Rice & Sweetcorn
- GD Homemade Leek & Potato Soup with a Cheese Roll
- EF Jacket Potato with Tuna Mayo & Cucumber
- GED Sticky Toffee Pudding & Custard or Fresh Fruit

TUESDAY 20 NOV

- GD Meatball Sub with Tomato Sauce, Grated Cheese & Salad
- GED Quornball Sub with Tomato Sauce, Grated Cheese & Salad
- D Jacket Potato with Ham, Cream Cheese & Cucumber
- G Mini Shortbread & Raisins or Fresh Fruit

MIDWEEK ROASTS

WEDNESDAY 21 NOV

- GS Roast Pork with Apple Sauce, Roast Potatoes, Vegetable Medley & Gravy
- GDS Cauliflower Cheese with Roast Potatoes, Vegetable Medley & Gravy
- DE Jacket Potato with Coleslaw, Cheese & Crudités
- G Oat & Apricot Cookie or Fresh Fruit

THURSDAY 22 NOV

- GSD Slow Cooked Tender Beef with Mashed Potato & Green Beans
- GD Vegetable Soup with a Cheese Roll
- D Jacket Potato with Cheese & Baked Beans
- D Chocolate Mousse or Fresh Fruit

FRIDAY 23 NOV

- GDF Battered Fish with Chips, Peas & Ketchup
- GD Cheese & Tomato Whirl with Chips, Peas & Ketchup
- D Jacket Potato with Vegetable Bolognese & Grated Cheese
- D Mango & Banana Smoothie or Fresh Fruit

MONDAY 26 NOV

- GED Hawaiian Pizza with Potato Salad & Whole Green Beans
- GED Margherita Pizza with Potato Salad & Whole Green Beans
- E Jacket Potato with Ham & Coleslaw
- GD Fruity Chocolate Tiffin or Fresh Fruit

TUESDAY 27 NOV

- GD Pork Sausage with Tomato Sauce, Pasta Shells, Grated Cheese & Carrots
- GED Quorn Sausage with Tomato Sauce, Pasta Shells, Grated Cheese & Carrots
- EF Jacket Potato with Tuna Mayo & Cucumber
- D Pears with Warm Chocolate Sauce

MIDWEEK ROASTS

WEDNESDAY 28 NOV

- GS Roast Chicken with Roast Potatoes, Whole Green Beans and Gravy
- GSED Cheese & Onion Quiche with Roast Potatoes, Whole Green Beans & Gravy
- GD Jacket Potato with Spaghetti Hoops & Grated Cheese
- GE Dorset Apple Cake or Fresh Fruit

THURSDAY 29 NOV

- GS Sticky Teriyaki Pork with Rice & Peas
- GD Tomato Soup with a Cheese Roll
- D Jacket Potato with Cheese & Baked Beans
- GE Raspberry Blondie or Fresh Fruit

FRIDAY 30 NOV

- GF Fish Fingers with Chips Peas & Ketchup
- GD Roasted Vegetable Mini Muffin Pizza with Chips, Peas & Ketchup
- D Jacket Potato with Vegetable Bolognese & Grated Cheese
- Strawberry Jelly Peaches or Fresh Fruit

MONDAY 3 DEC

- GDF Baked Fishcake with Buttery Potatoes & Peas
- GD Roasted Vegetable Slice with Buttery Potatoes & Peas
- D Jacket Potato with Cheese & Salad
- D Chocolate Crispy Cake or Fresh Fruit

TUESDAY 4 DEC

- GS Beef Burger in a Wholemeal Roll, with Corn on the Cob, Salad & Ketchup
- GED Cheese & Leek Burger in a Wholemeal Roll with Corn on the Cob, Salad & Ketchup
- EF Jacket Potato with Tuna Mayo & Crudités
- G Lemon Shortbread or Fresh Fruit

MIDWEEK ROASTS

WEDNESDAY 5 DEC

- GS Roast Chicken with Roast Potatoes, Whole Green Beans & Gravy
- GSED Vegetable Gratin with Roast Potatoes, Whole Green Beans & Gravy
- Jacket Potato with Ham & Cucumber
- Fresh Melon Wedge

THURSDAY 6 DEC

- GDS Cottage Pie with Vegetable Medley & Gravy
- GD Homemade Tomato Soup with a Cheese Roll
- D Jacket Potato with Cheese & Baked Beans
- D Apple Wedge & Cheddar Cheese

FRIDAY 7 DEC

- F Lemon Sole Bites with Chips Peas & Ketchup
- GED Mediterranean Quiche with Chips, Peas & Ketchup
- E Jacket Potato with Ham & Coleslaw
- GED Chocolate Pudding & Chocolate Sauce or Fresh Fruit

MONDAY 10 DEC

- Chicken & BBQ Sauce with Colourful Rice & Sweetcorn
- GD Homemade Tomato Soup with a Cheese Roll
- EF Jacket Potato with Tuna Mayo & Cucumber
- GED Sticky Toffee Pudding & Custard or Fresh Fruit

TUESDAY 11 DEC

- GD Meatball Sub with Tomato Sauce, Grated Cheese & Salad
- GED Quornball Sub with Tomato Sauce, Grated Cheese & Salad
- D Jacket Potato with Ham, Cream Cheese & Cucumber
- G Mini Shortbread & Raisins or Fresh Fruit

MIDWEEK ROASTS

WEDNESDAY 12 DEC

- GS Roast Pork with Apple Sauce, Roast Potatoes, Vegetable Medley & Gravy
- GDS Cauliflower Cheese with Roast Potatoes, Vegetable Medley & Gravy
- DE Jacket Potato with Coleslaw, Cheese & Crudités
- G Oat & Apricot Cookie or Fresh Fruit

THURSDAY 13 DEC

- GD Korma Chicken Breast with Rainbow Vegetables, Raita Dip and Naan
- GD Vegetable Soup with a Cheese Roll
- D Jacket Potato with Cheese & Baked Beans
- GD Fruity Chocolate Tiffin or Fresh Fruit

FRIDAY 14 DEC

- GDF Battered Fish with Chips, Peas & Ketchup
- GD Cheese & Tomato Whirl with Chips, Peas & Ketchup
- D Jacket Potato with Vegetable Bolognese & Grated Cheese
- D Mango & Banana Smoothie or Fresh Fruit

MONDAY 17 DEC

- GD Beef Bolognese with Pasta Shells, Sweetcorn & Grated Cheese
- GD Vegetable Bolognese with Pasta Shells, Sweetcorn & Grated Cheese
- D Jacket Potato with Cheese & Salad
- GE Raspberry Blondie or Fresh Fruit

TUESDAY 18 DEC

- E Sticky Maple Gammon with Potato Salad & Green Beans
- GED Cheese & Courgette Patty, Potato Salad & Green Beans
- E Jacket Potato with Ham & Coleslaw
- D Peach Melba Yoghurt or Fresh Fruit

CHRISTMAS DINNER

WEDNESDAY 19 DEC

- Roast Turkey & Mini Sausage or Festive Vegetable Roast
- Roast Potatoes, Festive Vegetable Medley, Stuffing, Cranberry Sauce & Gravy
- Frosty Snowflake Shortbread or Satsuma

THURSDAY 20 DEC

- G Pork Sausage in a Roll with Corn on the Cob and Coleslaw
- GED Quorn Sausage in a Roll with Corn on the Cob and Coleslaw
- EF Jacket Potato with Tuna Mayo & Cucumber
- G Flapjack or Fresh Fruit

FRIDAY 21 DEC

- GDF Battered Fish, Chips, Peas & Ketchup
- GD Tomato Soup with a Cheese Roll
- E Jacket Potato with Turkey Mayo & Salad
- Orange Jelly & Mandarins or Fresh Fruit

MONDAY 7 JAN

- GDF Baked Fishcake with Buttery Potatoes & Peas
- GED Cheese & Courgette Sausage with Buttery New Potatoes & Peas
- D Jacket Potato with Ham, Cream Cheese & Cucumber
- G Ginger Biscuit or Fresh Fruit

TUESDAY 8 JAN

- GD Warm Chicken Wrap with Corn on the Cob, Salad & Grated Cheese
- GD Roast Vegetable Wrap with Corn on the Cob, Salad & Grated Cheese
- D Jacket Potato with Cheese & Baked Beans
- GE Chocolate Brownie or Fresh Fruit

MIDWEEK ROASTS

WEDNESDAY 9 JAN

- GS Pork Sausage Roast with Roast Potatoes, Green Beans, Sweetcorn & Gravy
- GDS Leek Slice with Roast Potatoes, Green Beans, Sweetcorn & Gravy
- DE Jacket Potato with Cheese, Coleslaw & Crudités
- G Flapjack or Fresh Fruit

THURSDAY 10 JAN

- GS Sticky Teriyaki Pork with Rainbow Vegetables
- GD Tomato Soup with a Cheese Roll
- EF Jacket Potato with Tuna Mayo & Sweetcorn
- GD Toffee Apple Crumble & Custard or Fresh Fruit

FRIDAY 11 JAN

- GF Fish Fingers with Chips, Peas & Ketchup
- GD Pesto Pasta with Peas & Grated Cheese
- D Jacket Potato with Ratatouille & Grated Cheese
- Strawberry Jelly & Peaches or Fresh Fruit

ALLERGEN KEY

G Gluten

D Dairy

E Egg

S Soya

F Fish

WEEK 1 FOR 2019