

## Autumn / Winter Menu – Week 1

### Meat free Monday

Jacket Potato  
with Beans, Tuna, Cheese.

Served with salad.

Muffin

### Tuesday

Pork Meatballs & Pasta  
with Spicy Tomato Sauce

Quornballs and Pasta  
with Spicy Tomato Sauce

All meals With Salad

Oatie biscuit  
& custard



### Wednesday

Roast chicken

Roast quorn fillet  
with Yorkshire pudding  
stuffing & veg

Roast potatoes

Strawberry mousse  
with blueberries



### Thursday

Chicken curry  
with basmati rice  
naan bread

Quorn curry with  
basmati rice and naan  
bread

Cake and custard

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FOODTRUST**  
Eat Better Do Better



### Friday

Battered fish  
with oven chips & peas

Vegetable nuggets  
with oven chips & peas

Chocolate cookie

## Autumn / Winter Menu – Week 2

### Meat free Monday

Cheese n tomato pizza  
With salad & wedges

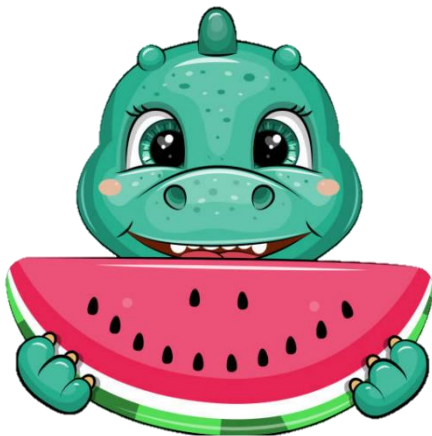
Vanilla sponge  
& custard

### Tuesday

Sausage with mash, veg & gravy.

Quorn sausage with mash, veg & gravy

Flapjack



### Wednesday

Roast gammon

Roasted quorn fillet

All served with roasted potato, Yorkshire puddings

Broccoli & swede / carrot

Vanilla cookie



### Thursday

Mild beef chilli with tortilla's & salad  
Quorn chilli with tortilla's & salad

Fruit platter

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### Friday

Breaded fish with oven chips & beans

Cheese & tomato flan with oven chips & beans

Jelly

## Autumn / Winter Menu – Week 3

### Meat free Monday

Cheese n tomato pizza

With salad & wedges

Apple crumble and  
custard

### Tuesday

Pepperoni & tomato  
pasta with garlic bread

Tomato pasta  
with garlic bread  
All with crispy salad

Shortbread



### Wednesday

Sausage with seasoning  
Roasted quorn fillet  
with seasoning  
Both with roasted potatoes  
& vegetables

Very berry mousse



### Thursday

Chicken goujon wrap  
with cheese & salad  
Baked quorn wrap with  
cheese & salad.

Jam sponge cake.

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### Fish Friday

Fish fingers.  
with oven chips  
Cheese roll  
with oven chips

Fresh fruit wedges & ice  
cream