

Autumn Lunch Menu – Week 1

<i>Week 1</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Fish Friday</i>
<i>Main Course 1 – Favourites</i>	Bangers and Mash with Gravy and Peas	Chilli Con Carne with Rice	Pulled BBQ Chicken, Wedges and Broccoli	Cottage Pie with Carrots and Sweetcorn	Fish Cake and Chips with peas
<i>Main Course 2 - Simpler</i>	Bow Pasta with Roast Vegetable and Tomato Sauce	Jacket Potato with Cheese, Beans or Tuna	Ham and/or Cheese Sub Roll, Cajun Wedges	Bow Pasta with a Red Pepper and Tomato Sauce	Jacket Potato with Cheese, Beans or Tuna
<i>Main Course 3 - Vegetarian</i>	Vegetarian Bangers and Mash with Gravy	Vegetable Chilli with Rice	BBQ Squash, Cajun Wedges and Broccoli	Root Vegetable and Quorn Cottage Pie with Carrots and Peas	Stir Fry Veg, Brown Rice and Sweet Potato Fries (Buddha Bowl)
<i>Dessert</i>	Marbled Cake Sponge	Orange Jelly	Vanilla and Lemon Sponge	Chocolate Orange Mousse	Mixed Berry Cheesecake
<i>Cut Fruit</i>	Fresh Cut Fruit	Fresh Cut Fruit	Fresh Cut Fruit	Fresh Cut Fruit	Fresh Cut Fruit
<i>Bun Of The Day</i>	Chocolate Krispy Cake	Banana Sponge	White Chocolate Cookie	Rocky Road	Flapjack
<i>Seniors</i>	Sausage or Vegetarian Sausage Roll	Banana Sponge	Danish Pastry	Rocky Road	Sausage or Vegetarian Sausage Roll

Autumn Lunch Menu – Week 2

<i>Week 2</i>	<i>Italian Monday</i>	<i>Tuesday</i>	<i>Wednesday-Roast Day</i>	<i>Thursday</i>	<i>Friday – Pie Day</i>
<i>Main Course 1 – Favourites</i>	Lasagne with Garlic Bread and Green Beans	Sweet and Sour Chicken Balls, Stir fry Noodles	Roast Pork, Roast Potatoes, Vegetables and Gravy	Beef Burrito, Corn of the Cob and Sweet Potato Fries	Chicken and Mushroom Pie with Vegetables
<i>Main Course 2 - Simpler</i>	Jacket Potato with Cheese, Beans or Tuna	Bow Pasta with Roast Vegetable and Tomato Sauce	Ham and/or Cheese Sub Roll, Salad and Nachos	Bow Pasta with a Red Pepper and Tomato Sauce	Jacket Potato with Cheese, Beans or Tuna
<i>Main Course 3 - Vegetarian</i>	Vegetarian Lasagne with Garlic Bread and Green Beans	Tofu Balls with Sweet and Sour Glaze, Stir Fry Noodles	Mushroom and Squash Roast, Roast Potatoes and Vegetables	Vegetable Burrito, Corn on the Cob and Sweet Potato Fries	Winter Vegetable Pie with Vegetables
<i>Dessert</i>	Carrot Cake	Strawberry Yogurt Pot	Sticky Toffee Pudding Pot	Banana Cake	White Chocolate Brownie
<i>Cut Fruit</i>	Fresh Cut Fruit	Fresh Cut Fruit	Fresh Cut Fruit	Fresh Cut Fruit	Fresh Cut Fruit
<i>Bun of the Day</i>	Rice Krispie Cake	Iced Vanilla Sponge	Flap Jack	Blueberry Tray Bake	Oat Biscuit Glace Cherry
<i>Seniors</i>	Danish Pastry	Iced Vanilla Sponge	Sausage or Vegetarian Sausage Roll	Blueberry Tray Bake	Danish Pastry

Autumn Lunch Menu – Week 3

<i>Week 3</i>	<i>Monday – Pizza Day</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday – Luciano's Pasta Bar!</i>	<i>Friday</i>
<i>Main Course 1 – Favourites</i>	Pepperoni Pizza, Mixed Salad and Sauté Pots	Chicken Korma, Basmati Rice and Onion Bhaji	Fish and Chips with Garden Peas	Bow Pasta with Bolognese Sauce and Italian Bruschetta	Cajun Chicken Burger with Tomato Relish and Fries
<i>Main Course 2 - Simpler</i>	Roast Vegetable Pasta Bake with Mixed salad	Jacket Potato with Cheese, Beans or Tuna	Ham and/or Cheese Sub Roll with Chips	Bow Pasta with a Red Pepper and Tomato Sauce	Jacket Potato with Cheese, Beans or Tuna
<i>Main Course 3 - Vegetarian</i>	Margarita Pizza, Mixed Salad and Sauté Pots	Vegetable Korma, Basmati Rice and Onion Bhaji	Battered Halloumi, Chips and Peas	Bow Pasta with Sundried Tomato and Spinach and Italian Bruschetta	Vegetable Burger with Tomato Relish and Fries
<i>Dessert</i>	Chocolate and Mint Brownie	Strawberry Jelly Pot	Cherry Cake	Apple Slice	Iced Chocolate Sponge
<i>Cut fruit</i>	Fresh Cut Fruit	Fresh Cut Fruit	Fresh Cut Fruit	Fresh Cut Fruit	Fresh Cut Fruit
<i>Bun of The Day</i>	Jam and Coconut Sponge	Iced Ginger Bread	Carrot Cake	Chocolate Cookie	Flapjack
<i>Seniors</i>	Sausage or Vegetarian Sausage Roll	Iced Ginger Bread	Sausage or Vegetarian Sausage Roll	Chocolate Cookie	Sausage or Vegetarian Sausage Roll