AUTUMN MENU - LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Roast Red Pepper & Tomato Soup	Carrot & Coriander Soup	Butternut Squash Soup	Leek & Potato Soup	Roast Parsnip and Apple Soup	Fajita Bar	Brunch menu
Vegan Sausage & Cannellini Been Stew	Portuguese baked hake	Roast Pork with Apple Sauce	Chicken & Leek Pie	Breaded Hake Fillet with lemon & tartare sauce	Meat & Vegetarian Fillings	Grilled bacon Oven baked pork or Vegetarian sausages
Mexican Quorn & Bean Soft Taco	Thai Green Chicken Curry	Sweet Potato and Chickpea Roast	Mexican Lamb Burrito	Griddled Bacon Steak	Sour Cream Guacamole Salsa	Black pudding
Macaroni Cheese	Prawn Crackers	Yorkshire pudding	Vegetable Lasagne	Beetroot & Feta Burger	Grated Cheese	Baked beans
Herby crushed new potatoes	Tofu, Vegetable and Black Bean Stir Fry	Gravy	New Potatoes	Chips	Baked Sweet	Grilled tomato
Broccoli	Rice	Roast Potatoes	Green Beans	Minted Peas	Potato Chips	Sautéed mushroom
Sweetcorn	Sugar snap peas	Carrots	Cauliflower	Baked beans	Sweetcorn & Peppers	Fried eggs
Jacket Potato with beans & grated cheese	Roasted Squash	Cabbage	Pasta with Tomato Sauce or Basil Pistou	Jacket Potato with tuna mayo & grated cheese	Salad Bar	Hash browns
Peach Shortcake Crumble with Custard	Pasta with Tomato Sauce or Basil Pistou	Jacket Potato with bean chilli & grated cheese	Rice Pudding with Berry Compote	Raspberry & Yogurt Cake with Custard	Chocolate Cookies	Fruit Platter Yum Yums
	Chocolate Brownie	Pear Upside-down Cake With Whipped Toffee Cream				

A selection of salads and homemade bread will be available each day.

Week 1

AUTUMN MENU - LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sweetcorn Chowder	Spiced Chickpea & Coconut Soup	Tomato & Mediterranean Vegetable Soup	Red Lentil Soup	Leek & Potato Soup	Pizza Bar	Brunch menu
Sweet & Sour Quorn and Vegetables With Prawn Crackers	Pork Sausages with Gravy	Roast Turkey Cranberry Sauce	Beef Lasagne	Scampi with homemade tartar sauce & lemon	Pepperoni or Margherita	Grilled bacon
Tomato & Mascarpone Pasta Bake	Salmon Niçoise Tray Bake	Veggie Sausage Toad in the Hole	Dorito Fried Chicken with Corn slaw	Beef Enchilada	BBQ chicken wings	Oven baked pork or Vegetarian sausages
Vegetable Chow Mein	Carrot, Sweet Potato & Halloumi Rosti	Gravy	Shepherdess Pie	Chilli & Coconut Tofu	Quorn nuggets	Black pudding
Rice	Mashed Potato	Roast Potatoes	Garlic Bread	Chips	Coleslaw	Baked beans
Sweetcorn	Green Beans	Carrots	Broccoli	Minted peas	Skin on Wedges	Grilled tomato
Mange Tout	Baked Beans	Cauliflower Cheese	Roasted Aubergine	Baked beans	Salad Bar	Sautéed mushroom
Jacket Potato with Beans or Cheese	Pasta with Vegan Meatball & Tomato Sauce	Jacket Potato with Bean Chilli Or Tuna Mayo	Jacket Potato with Beans or Cheese	Pasta with Tomato Sauce or Pistou	Ice-cream	Scrambled eggs
Peach & Berry Oaty crumble with custard	Cornflake Tart	Gluten Free Lemon & Blueberry Drizzle Cake	Lemon Curd & Yogurt Fool	Marble Cake with Chocolate Sauce		Hash browns
						Fruit Platter
						Blueberry Muffins

A selection of salads and homemade bread will be available each day.

Week 2

AUTUMN MENU - LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Butternut squash & Parsnip Soup Mushroom & Spinach Risotto with Parmesan Vegan Bolognaise Aubergine Caponata Spaghetti Lemon & Chilli Courgettes Roasted Squash Jackets Potato with Cheese or Beans Marshmallow topped Tiffin	Courgette & Pea Soup Beef Rogan Josh Poppadums' & sambals Chicken Shawarma Flatbread Tofu & Spinach Curry Rice Broccoli Sweetcorn Pasta with Tomato Sauce or Roasted Mediterranean Vegetables Blueberry & Oatmeal Flummery	Tomato & Basil Soup Roast Gammon Beetroot Wellington Yorkshire Pudding Gravy Roast Potatoes Carrots Cabbage Jacket Potato with Beans or creamy Garlic Mushrooms Chocolate Sponge with Chocolate Sauce	Pea & Potato Soup Beef Bolognaise Cajun Pulled Pork & Bean Pita Squash & Harissa Tagine Spaghetti Mushrooms Green Beans Jacket Potato with Tuna Mayo or Beans Mango cheesecake pots	Sweet Potato & Carrot Soup Battered Hake with Lemon & Tartare Sauce Cheesy Meatball Bake Southern Fried Quorn Escalope Chips Peas Beans Pasta with Tomato Sauce or Basil Pistou Golden Syrup & Apple Sponge with Custard	Closed EXEAT Weekend	Closed EXEAT Weekend

A selection of salads and homemade bread will be available each day.

Week 3