

Autumn 22 07/11, 28/11



By Aspens	07/11, 28/11						
	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Backing British	THURSDAY Food Festival	FRIDAY Fun Day		
Option 1	Chicken, Pineapple & Coconut Rundown	BBQ Mandarin Pork, Lime & Coriander Rice	Glazed Gammon, Roasties, Veg & Gravy	Chicken Korma, Wholegrain Rice	Crispy Battered Fish, Chips & Beans		
Option 2	Chicken Style Strips, Jamalaya F	Somerset Stew, Parsley & Cheddar Mash	Quorn Sausage Toad in The Hole	Veggie Lasagne	Veggie Mince & Pea Slice		
	V	V	V	V	V		
Halal	Beef Bolognaise, Garlic & Herb Slice	Chicken Shawarma, Pickled red Cabbage	Roast Chicken, Roasties, Veg & Gravy	Sweet & Sour Chicken, Beggars Noodles	Margherita Pizza		
Potatoes & Pasta	Hot Tomato Pasta v	with Cheese or Cri	spy Skin Jacket Pot	ato with Tasty Toppi	ings available daily •		
	Plain Sponge	Apple flapjack	Chocolate Brownie	Jam Sponge	Oat Cookie		

Jacket Potato
 Packed Lunch

V Veggie

Meat





Option 1

Potatoes &

Pasta

Autumn 22 14/11, 05/12

wedges



/	, 00,			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Authentic	Family	Backing	Food	Fun
Italian	Faves	British	Festival	Day
Butternut Squash,	BBQ Sweet potato	Beef & Onion Stew,	Chicken pad Thai	Spicy Bean Burger
Chilli & Mozzarella	& Jackfruit Burger,	Mash	-	-
Gnocci	Oven Baked			

Option 2	Kerlan Egg Molee Curry, Wholegrain Rice	Pomegranite Chicken, Spicy rice	Quorn Roast, Roasties, Veg & Gravy	Cheesy Macaroni Pie	Battered Sausage, Chips & beans
Halal	Spicy Andhra Chicken curry	Spicy Chicken Pasta, Tomato	Roast Turkey, Roasties, Veg & Gravy	Mongolian Lions Head meatballs,	Crispy Battered Fish, Chips & Beans





Hot Tomato Pasta with Cheese or Crispy Skin Jacket Potato with Tasty Toppings available daily



By Aspens

Autumn 22 21/11, 12/12 **WEEK**

THREE

by Maheria	<u> </u>	,			
Option 1	MONDAY Authentic Italian BBQ Bean & Quorn	TUESDAY Family Faves Sticky Baked	WEDNESDAY Backing British Vegetable	THURSDAY Food Festival Veggie Thai Green	FRIDAY Fun Day House Rub Chicken
Ορποπ τ	Sausage Pie	•	•	Curry, Wholegrain Rice	
	_	•			
Option 2	Sweet Potato & Chickpea Rogan Josh	Deep South Tomato Pie	Butter Bean & Roots Stew	Crunchy Topped Macaroni Cheese	Sweet Chilli Jackfruit "Crabless" Cake
	V	V	·	•	•
Halal	Tandoori Chicken Leg, Wholegrain Rice	Lemon Chicken Tagine, Coriander Rice	Roast Chicken, Roasties, Veg & Gravy	Breaded Chicken Katsu, Wholegrain Rice	Crispy Battered Fish, Chips & Beans
Potatoes & Pasta	Hot Tomato Pasta w	rith Cheese or Cris	py Skin Jacket Poto	ato with Tasty Toppi	ngs available daily
	Chocolate Concrete	Chocolate Sponge	Plain sponge	Chocolate Brownie	Lemon & Sultana Cookie

Fresh Fruit, Yoghurt and Salad available every day







