



# MENU CYCLE WEEK ONE

**Autumn Menu 2023**

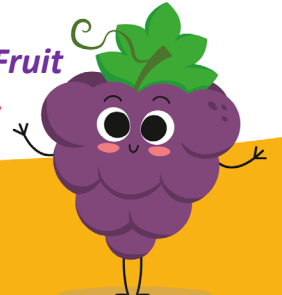
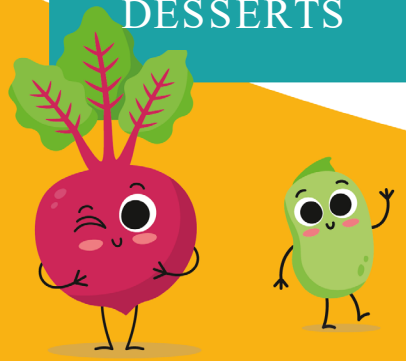
Week Commencing:  
6th September  
25th September  
16th October  
20th November  
11th December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	<b>Meat Free Monday</b> Quorn Bolognaise BBQ Jack Fruit Boston Beans	Cumberland Sausages In a Onion Gravy	Roast Turkey With Sage & Onion Stuffing	<b>Themed Curry Day</b> Chicken Curry with Mango Chutney	<b>Fun Food Friday</b> Fish with Lemon Mayonnaise
VEGETARIAN	Macaroni Cheese	Vegetarian Quorn Sausage in a Onion Gravy	Yorkshire Pudding with a Medley of Vegetables	Vegetable Curry with Mango Chutney	Cheese & Onion Red Tart
SIDES	Penne Pasta Garlic Bread	Mashed Potatoes	Roast Potato	Mixed Rice	Chips
VEGETABLES	Sweetcorn	Peas	Carrots Savoy Cabbage	Green Beans	Baked Beans Mushy Peas
DESSERTS	Apple & Blackcurrant Muffin	Chocolate Brownie	Autumn Crunchy Fruit Crumble with Custard	Iced Pear Sponge	Cinnamon Roll

**Daily Options:**

*Pasta, Jacket Potatoes, Sandwiches, Fruit  
Vegetable Crudités Provided Daily*

**Food Allergies and Intolerance**  
If you require information on allergens or suffer from a food intolerance, please speak to a Team Member before you order your food and drinks.





# MENU CYCLE WEEK TWO

## Autumn Menu 2023

Week Commencing:  
11th September  
2nd October  
6th November  
27th November

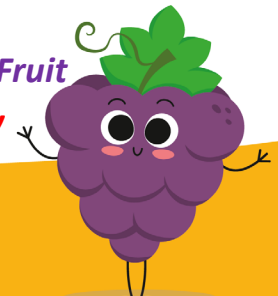
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	<b>Meat Free Monday</b> Margarita Pizza	Chille Con Carne	Roast Chicken & Yorkshire Pudding	Cottage Pie	<b>Fun Food Friday</b> Chicken Burger Fish Burger
VEGETARIAN	Vegetable Bruschetta Pizza	Roasted Vegetable Ratatouille	Vegetarian Hotpot with Potato Topping	Vegetable Chow Mein	Falafel Burger with Tomato Salsa
SIDES	Penne Pasta	Steamed Rice	Roast Potatoes	Noodles	Chips
VEGETABLES	Sweetcorn Coleslaw Mixed leaf Salad	Green Beans Broccoli	Carrots & Peas Parsnips	Savoy Cabbage Green Beans	Sweetcorn Baked Beans Rainbow Slaw
DESSERTS	Mixed Berry & Vanilla Rice Pudding	Chocolate Marble Cake, with Chocolate Sauce	Banana Cake	Sticky Gingerbread Cake, with Custard	Coconut & Parsnip Flapjack

### Daily Options:

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Vegetable Crudités Provided Daily*

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# MENU CYCLE WEEK THREE

## Autumn Menu 2023

Week Commencing:  
18th September  
9th October  
13th November  
4th December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	<b>Meat Free Monday</b> Pesto Pasta Macaroni Cheese Tomato Penne Pasta	Beef Bolognaise	Honey Roast Gammon	<b>Themed Chicken Day</b> Marinated Chicken	<b>Fun Food Friday</b> Sausage Roll ... Piri Piri Fish
VEGETARIAN	Baked Beans & Cheese Potato Waffles	Mixed Bean & Burrito Wrap with Wedge Potatoes	Broccoli & Cauliflower Cheese Bake	Five Bean Chili	Vegetarian Hotdog with Crispy Onions
SIDES	Garlic Bread	Spaghetti Pasta	Roast potatoes	Rice	Chips
VEGETABLES	Sweetcorn Savoy Cabbage Rainbow Salad	Green Beans	Carrots Peas & Leeks	Sweetcorn Green beans	Sweetcorn Baked Beans Coleslaw
DESSERTS	Apple Crumble with Custard	Raspberry & Coconut Cake	Fruity Chocolate Bake	Carrot Cake with Custard	Chocolate & Vanilla Swirl Shortbread

### Daily Options:

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Vegetable Crudité's Provided Daily*

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