



Menu

Week 3 Commencing: 16th September, 7th October, 11th November & 2nd December



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Vegan Sweet Potato, Chilli & Coconut	Cream of Mushroom (Mk)	Vegan Roast Carrot and Turmeric Soup	Vegan Boston Beam	Potato & Chive
Main Course	Pork Meatballs in a Rich Tomato & Basil Sauce (G)	Korean Chicken Bulgogi with Brown Rice & Kimchi (So, Su, G)	Roast Norfolk Turkey with Apricot Stuffing, Cranberry Sauce & Gravy (G)	Pork and Leek Butchers Sausages with Red Onion Gravy (G)	Battered Fish with Lemons & Tartar Sauce (G, E, Mk, F)
Veggie Main Course	Vegan Caponata style Aubergines with Bulgar Wheat (G)	Panko Breaded Sweet Potato with Katsu Sauce & Edamame Beans (So, Su, G)	Vegan Greek Gemista Peppers	Onion Bhaji Burger with Mint & Yoghurt Dressing (Mk)	Harissa Roasted Whole Cauliflower, Bean & Pomegranate Salsa with a Yoghurt Dressing (Mk)
Vegetable of the day	Steamed Courgette & Broccoli	Green Beans & Carrots	Roasted Cauliflower Spring Greens (Green Beans Roasted Carrots	Garden & Mushy Peas Baked Beans
Carbs	Focaccia Fingers (G) Spaghetti (G)	Sticky Rice	Roast Potatoes Parley New Potatoes	Mustard Mashed Potatoes (Mu) Steamed Rice	Oven Chips
Jacket Potato and Pasta Station	JP with Beans & Cheese (Mk)	Creamy Pesto pasta (G, Mk)	BBQ bean & Cheddar Jackets (Mu,Mk)	Herb and parmesan crusted mac and cheese (G, Mk)	JP with Beans & Cheese (Mk)
Home Comfort	Buttermilk chicken burger (G, Mk, E)	Meat feast pizza (G, Mk, E, So)	Classic Quiche Lorraine (G, Mk, E)	Creamy Chicken Tikka Pie (G, Mk, Mu)	BBQ Pulled Chicken Sliders (G, Mk)
Dessert	Rhubarb Crumble & Custard (G, Mk)	Banoffee Pie (G, Mk, E)	Orange & Marmalade Cake (G, Mk, E)	Apple Filo Pie & Custard (G, Mk, So)	Choc Chip Muffin (G, Mk, E, So)

Allergen Information

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals containing Gluten
L = Lupin

Mk = Milk
Mo = Molluscs
Mu = Mustard

N = Nuts
P = Peanuts
Se = Sesame Seeds

So = Soya
Su = Sulphur Dioxide

