

THIS WEEK'S MENU

Autumn - Winter 2017/18

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pork Sausages & Mashed Potatoes served with Caramelised Onion Gravy & Macédoine of Seasonal Vegetables	Beef Lasagne served with Rosemary & Sea Salt Focaccia (#) & Crunchy Spirals of Courgette	Roast British Gammon served with Gravy, Roast Potatoes & Honey Roasted Parsnips	Chicken & Butternut Squash Pie served with Crispy Garlic & Thyme Potatoes & Broccoli Florets	Salmon Fish Fingers (#) served in a Warm Wrap with Crispy Iceberg Lettuce, Zesty Lemon Mayo & Lattice Fries (#)
Vegetarian	Spanakopita served with Crispy Herb Potatoes, Garden Peas & Broad Beans	Quorn à la King served with Vegetable Couscous	Lentil Bolognese served with Spaghetti & Garden Peas	Spicy Bean Burger in a Brioche Bun (#) with sides of Winter Slaw & Potato Salad	Quorn & Sweet Potato Korma served with Wholemeal Rice & Green Beans
Dessert	Homemade Chef's Rice Pudding V	Mixed Berry Compote Served with Crème Fraîche & Mini Shortbread Biscuit * V	Lemon Feather Cake served with a Citrus Sauce V	Winter Spiced Fresh Fruit Salad served with Crème Fraîche * V	Chocolate Fudge Pudding served with Chocolate Sauce V

To be served week beginning:
 4th September, 25th September, 16th October, 13th November, 4th December 2017
 1st January, 22nd January 2018
2 Course Daily Meal £2.30

All dishes are freshly prepared and cooked from scratch, except items marked with #

* Desserts highlighted with an asterisk contain a minimum of 50% fruit

