


Autumn Menu




Monday

Mushroom & Ginger Soup (V)
Freshly baked granary bread (v)

Tuscan Roast Chicken with Cannellini Beans*


Neapolitan Beany Pasta (V) 

Garlic Bread (v)
Green Beans (v) 
Cauliflower (v)

Fresh Pasta (V)
Fusilli and whole meal
Fresh tomato sauce (V)

Grab and Go

Baked potato (V)
Grated cheese baked beans (v)
tuna mayo

Subs and sandwiches
Ham, cheese, pastrami, tuna mayo,
Tomato, red onion, gherkins, olives, jalapenos 


Freshly made salad bowls daily
Mixed leaves / tomatoes / cucumber / peppers /
grated carrot / sweetcorn

Orange jelly pot (V)
Fresh fruit salad pot (V)
Mousse (V)
Yoghurt bar (V)
Fruit Basket (V)

Lemon Syrup Sponge Cake with Cream (V)


Tuesday

Pea Soup (V)
Freshly baked bread (v)


Beef Chilli Con Carne* 

Vegetable Chilli (V)


Mexican Rice (v)
Carrots (v)
Cajun Corn on the Cob (v)
Sour Cream & Salsa Dip (v)

Fresh Pasta (V)
Fusilli and whole meal
Fresh tomato sauce (V) 

Grab and Go

Baked potato (V)
Grated cheese baked beans
tuna mayo 

Subs and sandwiches
Ham, cheese, pastrami, tuna mayo,
Tomato, red onion, gherkins,
olives, jalapenos


Freshly made salad bowls daily 
Mixed leaves / tomatoes / cucumber
/ peppers / grated carrot / sweetcorn

Lime jelly pot (V)
Pineapple fruit pot (V)
Mousse (V)
Yoghurt bar (V)
Fruit Basket (V)

**Chocolate Bread & Butter Pudding with
Citrus Scented Custard (V)**


Wednesday

Butternut & Honey Squash Soup (V)
Freshly baked bread (v)


Salt n Pepper Lemon Chicken Kebab 

Halloumi Vegetable Kebab (V)

Pitta Bread (v)
Potato Wedges (v)
Pickled Red Cabbage (v)
Lettuce & Lemon Mayonnaise (v)

Fresh Pasta (V)
Fusilli and whole meal 
Fresh tomato sauce (V)

Grab and Go

Baked potato (V) 
Grated cheese baked beans
tuna mayo

Subs and sandwiches
Ham, cheese, pastrami, tuna mayo,
Tomato, red onion, gherkins, olives, jalapenos

Freshly made salad bowls daily
Mixed leaves / tomatoes / cucumber / peppers /
grated carrot / sweetcorn

Orange jelly pot (V)
Mousse (V)
Fresh fruit salad pot (V)
Yoghurt bar (V)
Fruit Basket (V)

Jamaican Gingerbread Loaf (V)

Vegetarian-

Thursdays

Carrot & Coriander Soup (V)
Freshly baked bread (v)


Mac N Cheese (V)

Root Vegetable Pie (V)


New Potatoes (v)
Garlic Bread (v)
Sweetcorn (v) 
Broccoli (v)


Fresh Pasta (V)
Fusilli and whole meal
Fresh tomato sauce (V)

Grab and Go 

Baked potato (V) 
Grated cheese / baked beans
tuna mayo

Subs and sandwiches
Ham, cheese, pastrami, tuna mayo,
Tomato, red onion, gherkins, olives, jalapenos

Freshly made salad bowls daily 
Mixed leaves / tomatoes / cucumber / peppers /
grated carrot / sweetcorn

Strawberry jelly pot (V)
Mousse (V)
Duo of melon pot (V)
Yoghurt bar (V) 
Fruit Basket (V)



Rocky Road (V)


Friday


Tomato and Basil Soup (V)
Freshly baked onion bread (v)

Battered Fish

Vegetable Soft Chalupa (V)


Flavoured Chips (v)
Garden Peas (v) 
Mushy peas (v) 
Chunky Tartare Sauce (v)

Fresh Pasta (V) 
Fusilli and whole meal
Fresh tomato sauce (V)

Grab and Go 

Baked potato (V)
Grated cheese baked beans
tuna mayo

Subs and sandwiches
Ham, cheese, pastrami, tuna mayo,
Tomato, red onion, gherkins, olives, jalapenos

 Freshly made salad bowls daily
Mixed leaves / tomatoes / cucumber / peppers /
grated carrot / sweetcorn

Jelly pot (V)
Mousse (V)
Yoghurt bar (V)
Fruit Basket (V)

Assorted Desserts (V)

(V) Vegetarian
* Halal available

WEEK 1

All our meals are freshly made