



MENU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Break	Jumbo Sausage Roll	Chorizo & Mozzarella Flat Bread with Tomato Salsa	Ham & Cheese Jambon with a Granola Pot	Smoked Chicken Bruschetta with Red Onion & Mozzarella	Wholegrain Baguette with Baked Sausage & Lean Bacon
Junior Lunch	Thai Red Chicken Curry with braised Rice & Fresh Broccoli.	Spicy Beef & Pork Meatballs, Smokey tomato sauce, Penne Pasta & Green Beans		Gourmet Pork & Apple Sausage with Mashed Potatoes, & Baton Carrots	Shepard's Pie with Herb Mash, Roast Root Veg. & Gravy
Fresh soup of the Day	Cauliflower & Celeriac	Tomato & Basil	Autumn Vegetable	Broccoli & Herb	Carrot & Honey
Senior & Staff Lunch	Thai Red Chicken Curry with braised Rice & Fresh Broccoli	Spicy Beef & Pork Meatballs, Smokey tomato sauce, Penne Pasta & Green Beans	Fresh Hake with a Coconut & Herb Crust served with Ratatouille	Gourmet Pork & Apple Sausage with Mashed Potatoes, & Baton Carrots	Shepard's Pie with Herb Mash, Roast Root Veg. & Gravy
Vegetarian Choice	Roast Butternut Squash And Vegetable Red Thai Curry	Mediterranean Vegetable Pasta	Three Bean Vegetable Bake with a Parmesan Herb crust	Goats cheese & Rocket Gnocchi	Sweet Corn & Coconut Rissoto
Sandwich	Cheese & Tomato BLT	Ham & Egg Salad on Wholemeal	Chicken & Bacon Baguette	Smoked Paprika Chicken & Mixed Salad on Wholemeal	Tuna Mayo & Salad
Salad Box	Feta, Tomato, Baby Rocket with Smoked Bacon	Sundried Tomato Chilli Cous Cous with Goats cheese	Penne Pasta with Basil Pesto & Chicken	Mixed Leaves, cherry Tomatoes, Red Onion & Grilled Chicken	Chorizo, Sundried Tomato Pesto & Penne Pasta
Evening Meal					