

AUTUMN MENU

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Macaroni cheese Garlic Bread	Carribean brown chicken stew	Chicken chow mein	Cottage Pie	MCS fish fingers Battered pollock Tartare Sauce
VEGETARIAN	50/ 50 Penne Pasta Roasted Tomato Sauce	Vegetarian caribbean chickpea cconut curry	Vegetarian chow mein	Mixed Veg & Lentil 'Cottage Pie'	Mixed vegetable frittata
SIDES	Green Beans, cauliflower	50/50 rice Sweetcorn, broccoli	Cauliflower, garden peas	Sweetcorn, steamed carrots	Chips Baked beans Garden peas
JACKETS	Jacket Potato, baked beans, grated cheese				
DESSERT	Greek style yoghurt, fresh fruit salad	Lemon & Courgette Sponge Greek style yoghurt, fresh fruit salad	Greek style yoghurt, fresh fruit salad	Greek style yoghurt, fresh fruit salad	Banana & chocolate marble bake Greek style yoghurt, fresh fruit salad
SALAD	Daily compound salad, tomato, mixed leaves, cold protein, carrot sticks, cucumber, grated cheese, selection of dressings and toppers, freshly baked bread				



AUTUMN MENU

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Mushroom stroganoff	Spanish chicken thighs with Spanish Style Pappers, tomato, parsley & White Beans	Chicken Tagine	Turkey chilli con carne Tortilla chips	MCS fish fingers Battered Haddock Tartare Sauce
VEGETARIAN	Whole grain penne pasta Hidden Veg Tomato Sauce	Mediterranean tofu & pepper stew	Vegetarian tagine	Lentil chili ‘non’ carne/	Quorn shawarma pitta pocket
SIDES	Green Beans, Carrots	Lemon & parsley rice Sweetcorn, Broccoli	Herby cous cous Cauliflower, garden peas	Braised 50/50 rice Sweetcorn, mixed vegetables	Chips Baked beans Garden peas
JACKETS	Jacket Potato, baked beans, grated cheese				
DESSERT	Greek style yoghurt, fresh fruit salad	Apple flapjack Greek style yoghurt, fresh fruit salad	Greek style yoghurt, fresh fruit salad	Greek style yoghurt, fresh fruit salad	Chocolate brownie Greek style yoghurt, fresh fruit salad
SALAD	Daily compound salad, tomato, mixed leaves, cold protein, carrot sticks, cucumber, grated cheese, selection of dressings and toppers				



AUTUMN MENU

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Mushroom risotto	Makhini Chicken Tikka Masala Mango Chutney	Chicken sausages Onion Gravy	Beef ragu 50/50 penne pasta	MCS fish fingers Battered pollock Tartare Sauce
VEGETARIAN	Penne Pasta Hidden Veg Tomato Sauce	Chana Masala	Vegetarian Sausages	Assorted pizza	Sweet potato bean burger
SIDES	Green beans, steamed carrots	Basmati rice Sweetcorn, broccoli	Creamy mash potato Cauliflower, garden peas	Sweetcorn, green beans	Chips Baked beans Garden peas
JACKETS	Jacket Potato, baked beans, grated cheese				
DESSERT	Greek style yoghurt, fresh fruit salad	Greek style yoghurt, fresh fruit salad	Apple toffee crumble Greek style yoghurt, fresh fruit salad	Greek style yoghurt, fresh fruit salad	Creamy vanilla and orange rice pudding Greek style yoghurt, fresh fruit salad
SALAD	Daily compound salad, tomato, mixed leaves, cold protein, carrot sticks, cucumber, grated cheese, selection of dressings and toppers, freshly baked bread				

