

# Food For Life Autumn/Winter 2018 Menu



|                  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|------------------|---|--|---|---|--|
| Hot Main Dish    | Mac 'N' Cheese<br><i>Macaroni Cheese</i>              | Chicken Mayo Bun<br><i>with Jacket Wedges</i>    | Roast Turkey<br><i>with Roast Potatoes &amp; Gravy</i>                  | Pork Ragu<br><i>with Rice **</i>                                | Crispy Fish & Chips<br><i>Crispy Battered Pollock with Chips</i> |
| Alternative Dish | Mild Potato and Chickpea Curry<br><i>with Rice **</i> | Creamy Broccoli and Sweetcorn Pasta **           | Sweet Potato and Chickpea Roast<br><i>with Roast Potatoes and Gravy</i> | Vegetable and Cream Cheese Crumble<br><i>with Mashed Potato</i> | Quorn Dippers<br><i>with Chips</i>                               |
| Vegetables       | Sweetcorn<br>Green Beans                              | Peas<br>Carrots                                  | Cabbage<br>Cauliflower  | Carrots<br>Broccoli   | Baked Beans<br>Crunchy Coleslaw                                  |
| Desserts         | Flapjack<br><i>with Fruit Slices *</i>                | Pear and Ginger Crumble *<br><i>with Custard</i> | Chocolate Ice Cream   | Brownie Cake  | Lemon Shortbread   |

Cool Water, Fresh Fruit and Yoghurt served daily

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish





# Food For Life Autumn/Winter 2018 Menu



|                  | Monday  | Tuesday                         | Wednesday  | Thursday   | Friday  |
|------------------|---|---------------------------------|--|--|---|
| Hot Main Dish    | Mozzarella & Tomato Pizza **<br><i>with Jacket Wedges</i> | All Day Breakfast               | Roast Pork<br><i>with Roast Potatoes and Gravy</i>   | Beef Macaroni Bake<br><i>with Garlic &amp; Herb Bread Wedge **</i> | Salmon Fish Fingers ***<br><br>OR<br>Golden Fish Fingers<br><i>With Chips</i> |
| Alternative Dish | Tomato and Vegetable Savoury Rice                         | Vegetarian All Day Breakfast    | Quorn Roast<br><i>with Roast Potatoes with Gravy</i> | Vegetable Korma<br><i>with rice **</i>                             | Baked Bean and Cheese Quesadilla<br><i>with Chips</i>                         |
| Vegetables       | Green Beans<br>Sweetcorn                                  | Baked Beans<br>Grilled Tomatoes | Seasonal Cabbage<br>Carrot and Swede Mash            | Broccoli<br>Sweetcorn  | Peas<br>Baked Beans   |
| Desserts         | Strawberry Ice Cream                                      | Raspberry Ripple Cake           | Peach Slice  | Pineapple Upside Down Cake *<br><i>with Custard</i>                | Shortbread Fingers<br><i>with Fruit Slices *</i>                              |

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