

# AUTUMN MENU

*Week one*

Week Commencing: 4/9, 23/9, 14/10, 18/11, 9/12



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pick a MAIN</b>	Bacon Carbonara with Focaccia and Salad 🌱🥚🐠🌾	Beef Chilli with Rice, Peas and Sweetcorn 🥚	Roast Chicken with Roast Potatoes, Carrots, Cabbage and Gravy 🥚	Dartmoor Beef Stew with Crusty Roll 🌱🥚🐠🌾🌿	Breaded Fish or Salmon Fingers with Chips and Beans 🥚🐠
<b>Pick a MEAT-FREE MAIN</b>	Vegetarian Hot Pot with Sweetcorn and Crusty Roll 🌱🥚🐠🌾🌿	Tomato and Cheese Pasta Bake with Focaccia and Salad 🌱🥚🐠🌾	Vegetarian Toad in the Hole with Roast Potatoes, Carrots, and Cabbage 🌱🥚🐠🌾	Vegetable Pitta with Wedges and Beans 🌱🥚🐠🌾	Butternut and Bean Burger with Chips and Beans 🥚
<b>Pick a JACKET POTATO</b>	Cheese 🥚 / Beans / Tuna Mayo 🥚🐠🌿	Cheese 🥚 / Beans / Tuna Mayo 🥚🐠🌿	Cheese 🥚 / Beans / Tuna Mayo 🥚🐠🌿	Cheese 🥚 / Beans / Tuna Mayo 🥚🐠🌿	Cheese 🥚 / Beans / Tuna Mayo 🥚🐠🌿
<b>Pick a DESSERT</b>	Fresh Fruit Platter	Chocolate Cookie 🌱	Vanilla Iced Sponge 🌱🥚	Apple Crumble and Custard 🌱🥚	Fruity Flapjack 🌱



We are pleased to offer a variety of allergen free options on our food menu. Although all food is prepared in a kitchen that handles most allergens and therefore we cannot guarantee that cross contamination will never occur, we do take every possible precaution to prevent this from happening.

**FRESH FRUIT & YOGHURT SERVED DAILY**

## ALLERGEN KEY



# AUTUMN MENU

*Week two*

Week Commencing: 9/9, 30/9, 5/11, 25/11, 16/12



Pick a  
**MAIN**

Pick a  
**MEAT-FREE MAIN**

Pick a  
**JACKET POTATO**

Pick a  
**DESSERT**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pick a MAIN</b>	BBQ Chicken Wrap with Wedges and Sweetcorn ☹️ 🥛	Brunch Sausage, Bacon, Hash Brown and Baked Beans 🥛	Pulled Roast Beef with Yorkshire Pudding Roast Potatoes, Carrots, Cabbage and Gravy ☹️ 🥛 🥚 🥚 🥛	Macaroni Cheese with Bacon, Focaccia and Peas ☹️ 🥛 🥚 🥚 🥛	Breaded Fish with Chips and Beans ☹️ 🥛
<b>Pick a MEAT-FREE MAIN</b>	Cauliflower and Butternut Curry with Plain Rice and Naan Bread ☹️ 🥚 🥚 🥛	Vegan Bolognaise with Penne Pasta and Carrots ☹️ 🥚 🥚 🥛	Butternut and Sweet Potato Bake with Roast Potatoes, Gravy, Carrots and Cabbage 🥛 🥛	Vegetable Chilli with Rice and Peas 🥛	Vegetable Nuggets with Chips and Salad Sticks ☹️
<b>Pick a JACKET POTATO</b>	Cheese 🥛 / Beans / Tuna Mayo 🥛 🥛 🥛	Cheese 🥛 / Beans / Tuna Mayo 🥛 🥛 🥛	Cheese 🥛 / Beans / Tuna Mayo 🥛 🥛 🥛	Cheese 🥛 / Beans / Tuna Mayo 🥛 🥛 🥛	Cheese 🥛 / Beans / Tuna Mayo 🥛 🥛 🥛
<b>Pick a DESSERT</b>	Fresh Fruit Platter	Shortbread ☹️	Raspberry Muffin ☹️ 🥛	Jelly and Fruit	Lemon Cookie ☹️



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## ALLERGEN KEY



# AUTUMN MENU

*Week three*

Week Commencing: 16/9, 7/10, 11/11, 2/12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pick a MAIN</b>	Chipolata Sausages with Mash, Gravy, Carrots and Sweetcorn 	Pepperoni Pizza with Wedges and Salad  	Beef Pie with Roast Potatoes, Carrots, Cabbage and Gravy  	Meatballs and Tomato Sauce with Pasta and Sweetcorn    	Chicken Bites with Chips and Peas 
<b>Pick a MEAT-FREE MAIN</b>	Macaroni Cheese with Focaccia and Carrots     	Margherita Pizza with Wedges and Salad  	Vegetable Pie with Roast Potatoes, Carrots and Cabbage  	Vegetarian Brunch Quorn Sausage, Grilled Tomato, Hash Brown and Baked Beans 	Sweet Potato Cake with Chips and Peas
<b>Pick a JACKET POTATO</b>	Cheese  / Beans / Tuna Mayo   	Cheese  / Beans / Tuna Mayo   	Cheese  / Beans / Tuna Mayo   	Cheese  / Beans / Tuna Mayo   	Cheese  / Beans / Tuna Mayo   
<b>Pick a DESSERT</b>	Fresh Fruit Platter	Chocolate Orange Drizzle Cake  	Jelly and Fruit	Carrot and Courgette Chocolate Brownie  	Oaty Cookie 



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**FRESH FRUIT & YOGHURT SERVED DAILY**

## ALLERGEN KEY

-  CELERY
-  GLUTEN
-  CRUSTACEANS
-  EGGS
-  FISH
-  LUPIN
-  MILK
-  MOLLUSC
-  MUSTARD
-  NUTS
-  PEANUTS
-  SESAME
-  SOYA
-  SULPHUR