

AUTUMN TERM MENU

WEEK ONE

6th - 8th September

9th - 13th October

27th Nov - 1st December

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals / Homemade Yoghurts

Croissants or Pain Aux
Chocolate

Pancakes with
Maple Syrup

Poached Egg on Toast

Grilled Bacon and Tomato

GHAB

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

MAIN EVENT

Asian Coconut Chicken

Spaghetti Bolognese

Jacket Potato with a
selection of fillings

Roast Beef with Yorkshire
Pudding and Roast Gravy

Battered Cod with Lemon
& Tartare Sauce

MEAT FREE ZONE

Tofu Popcorn with a
Sweet & Sour Sauce

Cauliflower and Sweet
Potato Samosas with a
Raitha

Toasted Sourdough with
Guacamole and Poached
Eggs

Aubergine & Halloumi
Stack with Salsa Verde

Seafood Filo Pie

Sweet Potato and
Artichoke Gnocci with a
Parsely Butter

5 A DAY

- Jasmine Rice
- Steamed Broccoli
- Roasted Medley of
Vegetables

- Roasted Courgette,
Peas & Sweetcorn
Spaghetti
- Steamed Rice

- Steamed Green Beans
- Baked Beans

- Roast Potatoes
- Steamed Carrots
- Sauteed Savoy
Cabbage

- Chips
- Steamed Garden Peas
- Baked Beans

Classic Salad Bar Available

SALADS TO TRY

Gala Pie

Sliced Gammon

Tuna Mayonnaise

Tandoori Chicken

Salami & Chorizo

A selection of fresh fruit available from the fruit trolley & homemade yoghurt

SWEET TREAT

Dark Chocolate Sponge
with Chocolate Sauce

Rhubarb Crumble with a
Vanilla Sauce

White Chocolate and
Cranberry Tiffin

Mars Bar Mousse

Strawberry Jelly & Fresh
Cream

GHAB

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

TEA (SERVED WITH SQUASH AND WATER)

- Braised Meatballs
with a Tomato & Herb
Sauce
- Pasta with a Tomato &
Herb Sauce

A Selection of Cakes

- Sweet & Sour Chicken
with Egg Noodles
- Pasta with a Tomato &
Herb Sauce

A Selection of Cakes

- Croque Monsieur with
Potato Wedges
- Pasta with a Tomato &
Herb Sauce

A Selection of Cakes

- Grilled Sausage
Casserole with
Tomatoes and Herbs
- Pasta with a Tomato &
Herb Sauce

A Selection of Cakes

- Tuna Pasta Bake with
a Tossed Salad
- Pasta with a Tomato &
Herb Sauce

A Selection of Cakes

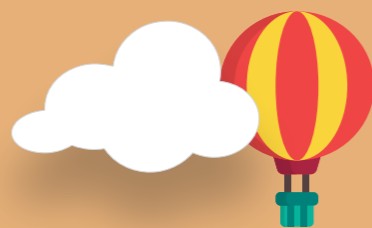
AUTUMN TERM MENU

WEEK TWO

11th - 15th September

16th - 20th October

4th - 8th December



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals / Homemade Yoghurts

Fruit Fritters with Maple Syrup

Croissant or Pain Aux Chocolate

Grilled Sausage on Hash Brown

Boiled Egg on English Muffin

GHAB

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

MAIN EVENT

Cumberland Sausage
Toad in the Hole with
Onion Gravy

Peri Peri Chicken with
Onions and Peppers

Jacket Potato with a
selection of fillings

Roast Turkey with
Cranberry Sauce and
Roast Gravy

Battered Haddock with
Lemon & Tartare Sauce

MEAT FREE ZONE

Stuffed Flat Mushroom
with Leek, Spinach &
Cream Cheese

Vegetable and Paneer
Shaslik with a Mango
Chutney

Quorn and Root
Vegetable Lancashire
Hotpot

Aubergine Katsu Curry

Seared Salmon with a
Lemon Butter Sauce

Quorn & Wild Mushroom
Taco with a Spicy Relish

5 A DAY

- Mashed Potatoes
- Steamed Green Beans
- Roasted Medley of Vegetables

- Steamed Rice
- Steamed Broccoli
- Steamed Sweetcorn

- Baked Beans
- Sauteed Courgettes

- Roast Potatoes
- Glazed Carrots
- Braised Red Cabbage

- Chips
- Baked Beans
- Steamed Garden Peas

Classic Salad Bar Available

SALADS TO TRY

Sliced Beef

Salami & Chorizo

Coronation Chicken

Scotch Egg

Sliced Ham

A selection of fresh fruit available from the fruit trolley & homemade yoghurt

SWEET TREAT

Sticky Toffee Pudding
with Toffee Sauce

Chocolate Chipboard
with Custard

Flapjack

Peaches Eves Pudding
with a Custard Sauce

Butterscotch Mousse
with a Caramel Sauce

GHAB

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

TEA (SERVED WITH SQUASH AND WATER)

- Chicken and Rice Fajita with Side Salad
- Pasta with a Tomato & Herb Sauce

- Ham & Sweet Pepper Pasta Bake
- Pasta with a Tomato & Herb Sauce

- Beef Burger with Potato Wedges
- Pasta with a Tomato & Herb Sauce

- Beef Lasagne with Garlic Dough Balls and Side Salad
- Pasta with a Tomato & Herb Sauce

- Pepperoni or Cheese & Tomato Pizza with Garlic Bread
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

A Selection of Cakes

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AUTUMN TERM MENU

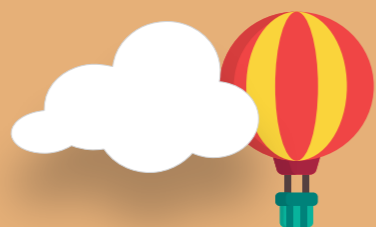
WEEK THREE

18th - 22nd September

6th - 10th November

11th - 15th December

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals / Homemade Yoghurts

Scrambled Egg with Toasted Bagel

Grilled Bacon with Grilled Tomato

Grilled Pancakes with Maple Syrup

Croissants or Pain Aux Chocolate

GHAB

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

MAIN EVENT

Braised Beef & Root Vegetable Pie with Roast Gravy

Chicken Korma with Rice

Jacket Potato with a selection of fillings

Roast Gammon with Roast Gravy

Battered Pollock with Lemon & Tartare Sauce

Asian Coconut Vegetables

Homemade Squash & Sweet Pepper Cannelloni with a Tomato Sauce

Glazed Stuffed Aubergine

Quorn Toad in the Hole with Onion Gravy

Salmon & Leek Fishcake

Quorn Spaghetti Bolognaise

- Steamed Pasta
- Steamed Carrots
- Steamed Green Beans

- Saute Potatoes
- Steamed Sweetcorn
- Roasted Courgettes

- Baked Beans
- Sauteed Courgettes

- Roast Potatoes
- Glazed Carrots
- Braised Red Cabbage

- Chips
- Baked Beans
- Steamed Garden Peas

MEAT FREE ZONE

5 A DAY

Classic Salad Bar Available

Ascot Pie

Quiche Lorraine

Chicken and Bacon

Tuna Mayonnaise

Scotch Egg

SALADS TO TRY

A selection of fresh fruit available from the fruit trolley & homemade yoghurt

SWEET TREAT

Bird Seed & Custard

Blackberry Cheesecake

Rocky Road Slice

Jam & Coconut Sponge with a Custard Sauce

Orange Jelly and Fresh Cream

GHAB

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

- Jacket Potato with Cheese and Beans
- Pasta with a Tomato & Herb Sauce

- Macaroni Cheese with Garlic Bread
- Pasta with a Tomato & Herb Sauce

- Hot Dog with Sauteed Onions and Potato Wedges
- Pasta with a Tomato & Herb Sauce

- Thai Green Chicken Curry, Steamed Rice & Naan Bread
- Pasta with a Tomato & Herb Sauce

- Chinese Beef with Egg Noodles and Prawn Crackers
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

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A Selection of Cakes

TEA
(SERVED WITH SQUASH AND WATER)

AUTUMN TERM MENU

WEEK FOUR

25th - 29th September

13th - 17th November

18th - 20th December

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals / Homemade Yoghurts

Grilled Sausage with Plum Tomatoes

Poached Egg on Toast

Croissants or Pain Aux Chocolate

Belgian Waffles with Maple Syrup

GHAB

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

MAIN EVENT

Pork and Wild Mushroom Stroganoff

Braised Beef & Mushroom Casserole with Herb Dumplings

Jacket Potato with a selection of fillings

Roast Chicken with Sage & Onion Stuffing and Roast Gravy

Battered Scampi with Lemon & Tartare Sauce

MEAT FREE ZONE

Spinach, Feta & Spring Onion Tart

Roasted Vegetable Biryani

Quorn Meatballs in a Tomato & Herb Sauce

Roasted Vegetable Cottage Pie

Grilled Bream

Spinach and Ricotta Tortelloni with a Basil Cream Sauce

5 A DAY

- Steamed Rice
- Steamed Sweetcorn
- Steamed Green Beans

- Potato Wedges
- Steamed Broccoli
- Bashed Swede

- Steamed Cauliflower
- Baked Beans

- Roast Potatoes
- Steamed Carrots
- Cheesy Leeks

- Chips
- Baked Beans
- Steamed Garden Peas

Classic Salad Bar Available

SALADS TO TRY

Sliced Chicken

Salami & Chorizo

Gala Pie

Tuna Mayonnaise

Sliced Gammon

A selection of fresh fruit available from the fruit trolley & homemade yoghurt

SWEET TREAT

Coca Cola Cake with Pouring Cream

Toffee Apple Crumble with a Custard Sauce

Chocolate Brownie

Marbled Chocolate Sponge with Chocolate Sauce

Strawberry Mousse and Raspberries

GHAB

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

- BBQ Chicken, Bacon & Cheese with Rice
- Pasta with a Tomato & Herb Sauce

- Pork and Leek Sausage Casserole
- Pasta with a Tomato & Herb Sauce

- Chicken Nuggets with Potato Wedges
- Pasta with a Tomato & Herb Sauce

- Spaghetti Bolognaise with Garlic Bread
- Pasta with a Tomato & Herb Sauce

- Braised Chicken Meatballs with Rice
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

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A Selection of Cakes

TEA
(SERVED WITH SQUASH AND WATER)

AUTUMN TERM MENU

WEEK FIVE

2nd - 6th October
20th - 24th November

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals / Homemade Yoghurts

Scrambled Egg with a Bagel

Sausage and Mushroom Hash with Fried Egg

Churros with Chocolate Sauce

Croissants or Pain Aux Chocolate

GHAB

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

MAIN EVENT

Chilli Con Carne

Chicken and Leek Cottage Pie

Jacket Potato with a selection of fillings

Roast Pork with Apple Sauce and Roast Gravy

Breaded Hoki with Lemon and Tartare Sauce

MEAT FREE ZONE

Sweet Potato and Spring Onion Bondas with a Homemade Chutney

Butternut and Red Lentil Dhansak

Spring Onion Potato and Parsnip Hash with a Fried Egg

Vegetable Arancini with a Tomato & Herb Sauce

Seafood Marquis

Spiced Vegetable Crumpet with a Coconut Chutney

5 A DAY

- Steamed Rice
- Peas & Sweetcorn
- Roasted Medley of

- Mashed Potato
- Steamed Broccoli
- Roasted Courgettes

- Steamed Green Beans
- Baked Beans

- Roast Potatoes
- Steamed Carrots
- Cauliflower Cheese

- Chips
- Baked Beans
- Steamed Garden Peas

Classic Salad Bar Available

SALADS TO TRY

Sliced Chicken

Salami & Chorizo

Ascot Pie

Tuna Mayonnaise

Cheese & Onion Quiche

A selection of fresh fruit available from the fruit trolley & homemade yoghurt

SWEET TREAT

Lemon and Ginger Sponge with Custard Sauce

Peppermint Jubilee Pudding

Chocolate Cornflake Cake

Tiramisu

Baked Rice Pudding with a Jam Sauce

GHAB

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

TEA
(SERVED WITH SQUASH AND WATER)

- Seared Pork Loin with an Apple Cream Sauce
- Pasta with a Tomato & Herb Sauce

- Jacket Potato with Beans and Cheese
- Pasta with a Tomato & Herb Sauce

- Salmon Fishcake with Potato Wedges
- Pasta with a Tomato & Herb Sauce

- Chicken Katsu Curry with Egg Noodles
- Pasta with a Tomato & Herb Sauce

- Beef & Sweet Pepper Chimi-Changa with Rice
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

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