

Autumn Term Menu

WEEK 3

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
The Soup Cauldron	Spicy Parsnip	Minestrone	Pumpkin & Parmesan	Roasted Tomato & Pasta	Lemon & Lentil	Mushroom	BRUNCH
Main Station	Grilled Salmon in Sweet Smoky Tamarind Sauce Or Sweet Potato Cakes New Potatoes Medley of Green Vegetables	Sweet n Sour Pork Or Sweet n Sour Quorn with Vegetables Rice Baby Corn Pak Choi	Roast Beef & Yorkshire Pudding Or Broccoli and Stilton Quiche Roast Potatoes Broccoli Braised Red Cabbage	Chicken Korma Or Vegan Fennel & Aubergine Curry Steamed Rice Coriander Naan Bread Poppadums Mango Chutney	Breaded Plaice Goujons, Cod in White Wine Sauce Or Baked Butterbean & Cauliflower Falafal Chips Peas Baked Beans	Sticky BBQ Chicken Or Sticky BBQ Halloumi Spice New Potatoes with Minty Yoghurt Dressing Roasted Mediterranean Vegetables	Sausages & Bacon Fried Bread & Eggs Hash Browns Baked Beans Mushrooms
Pasta Piazza	Tomato & Pepper Chilli Chicken	Pesto Pasta with Peas and Goats Cheese	Spaghetti Bolognaise	Neapolitan Fusilli	Roast Aubergine Tomato & Mozzarella Pasta	Tuna Pasta Bake	
Worth Woks	Chilli Beef Nachos	Prawn Pad Thai	Chicken Fajitas	Pork Chow Mein	Selection of Omelettes		
Pots n Tops	Chilli Chicken	Grated Mature Cheddar	Poached Salmon & Dill Mayonnaise	Sweet & Sour Vegetables	Feta & Tomato	Smokey Beans	
The Salad Shack	Roast Halloumi & Humous	Chicken Caesar	Smoked Mackerel	Sweet Chilli Chicken	The Vegan Bowl	Chicken Salad with Coconut-Ginger Dressing	
Sweet Sensations	Raspberry Pannacotta	Sticky Toffee Pudding and Toffee Sauce	Mixed Fruit Pie & Custard	Banoffee Pie	Grasshopper Slice	Chocolate Brownie & Chocolate Sauce	Selection of Pastries

