

Autumn Menu 2020 – Week One

LUNCHES



FORRES
SANDLE
MANOR

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Green pea	Carrot & coriander	Cream of tomato	Creamy mushroom	Potato & leek
Main Meal	Future Proof Food Day - Every dish! Chicken, red lentil & coconut korma	Pork sausages with sticky onions jam	“Pasta my way..” 50/50 wholemeal spaghetti pasta with: Beef & vegetable bolognese	Roast turkey with cranberry gravy	“Sustainable Friday” Simple salmon, pollack & pea pie with cheddar top
Meat Free	Creamy tomato & vegetable macaroni bake	Root vegetable & cheddar crumble	Or Cheddar & sweetcorn	Tomato, mozzarella & basil puff pastry tart	Bean, vegetable & potato hot pot
On The Side	Brown rice, sugar snaps & sweetcorn	Mashed potato, cauliflower & steamed carrots	Toasted focaccia, cucumber chunks, grated carrot & cherry tomatoes	Roast potatoes, green beans & butternut squash	Steamed peas & smashed roots
Dessert	Cranberry & white chocolate flapjack	Fresh cut fruit pots yoghurt pots	Sticky orange & lemon cake	Fresh cut fruit pots yoghurt pots	Rocky road bars
Every Day	Fresh cut fruit pots soya yoghurt pots		Fresh cut fruit pots yoghurt pots		Fresh cut fruit pots yoghurt pots