

# Autumn Menu 2020 – Week Two

## LUNCHES



FORRES  
SANDLE  
MANOR

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Sweet potato	Cauliflower cheese	Tomato & chive	Spiced butternut squash	Sweetcorn & spinach
<b>Main Meal</b>	Future Proof Food Day - Every dish!  Hummus & tomato chutney toasted pita	Minced beef, carrot & onion casserole	“Pasta my way..”  50/50 wholemeal Penne pasta with:  Smokey bacon & pea	Sticky BBQ boneless chicken thighs with salsa	“Sustainable Friday”  Cod fish fingers with tomato ketchup & lemon mayonnaise
<b>Meat Free</b>	Lamb & barley shepherds pie with carrot & potato mash top	Soya mince & vegetable “sausage” roll	Or  Chunky tomato & oregano	Mild bean & sweet potato chilli	Falafels with sweet chilli mayonnaise
<b>On The Side</b>	Smashed roots & green beans	Mashed potato, savoy cabbage & carrots	Garlic & herb bread, cucumber, grated carrot & cherry tomatoes	Citrus rice, sweetcorn & mange tout	Baked potato wedges, baked beans & steamed peas
<b>Dessert</b>	Strawberry jam & coconut tartlets	Fresh cut fruit pots yoghurt pots	Pineapple upside down cake	Fresh cut fruit pots yoghurt pots	Chocolate & raspberry brownie
<b>Every Day</b>	Fresh cut fruit pots soya yoghurt pots		Fresh cut fruit pots yoghurt pots		Fresh cut fruit pots yoghurt pots