

Autumn Menu 2020 – Week Three

LUNCHES



	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Potato & watercress	Tomato minestrone	Autumn vegetable	Creamy parsnip	Pumpkin & coconut
Main Meal	Future Proof Food Day - Every dish! Turkey & soya mince lasagne	Slow roast pork shoulder with apple & pear sauce	“Pasta my way..” 50/50 wholemeal Fuseli pasta with: Creamy chicken & herb	Mild beef & tomato curry	“Sustainable Friday” Battered white fish with tartare & lemon
Meat Free	Cauliflower & broccoli cheese bake	Bubble & squeak cake with chunky tomato sauce	Or Cherry tomato & basil	Butternut squash risotto with herbs	Quorn sausage hot dog with ketchup & mustard
On The Side	Skin on wedges, green beans & Iceberg lettuce	Roast potatoes, baked carrots & savoy cabbage	Ciabatta loaf, cucumber chunks, grated carrot & cherry tomatoes	Steamed rice, cauliflower & mini corn cobs	Chips, garden peas & baked beans
Dessert	Vegan chocolate mousse	Fresh cut fruit pots yoghurt pots	Apple & cinnamon crumble cake	Fresh cut fruit pots yoghurt pots	Banana cake with caramel icing
Every Day	Fresh cut fruit pots Soya yoghurt pots		Fresh cut fruit pots yoghurt pots		Fresh cut fruit pots yoghurt pots