

Menu - Week Two



FORRES SANDLE MANOR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Simple tomato	Honey roast carrot	Sweetcorn chowder	Autumn vegetables	Spiced Pumpkin		
Main Meal	Simple Beef & Quorn lasagne	<p><u>Simple Mexican</u></p> <p>Braised lamb & crushed bean chilli</p> <p>Blackened squash & rainbow vegetable fajitas</p>	<p>"Make it mine Wednesday"</p> <p>Whole pita breads with:</p> <p>Lemon & herb baked chicken</p>	Homemade Pork & Beef Meatballs With Tomato & Hidden Vegetable Sauce	Battered White Fish With Tartar Sauce And Lemon Wedges	Thai Green Chicken Curry	Sandwich Buffet
Meat Free	Vegetable & Quorn Lasagne	<p>50/50 braised rice Sweetcorn & Okra</p> <p>Salsa Sauce, Guacamole, Soured Cream, Nacho Chips</p>	<p>Tuna & sweetcorn</p> <p>Vegetable Kebabs</p>	Vegetable & Bean Pasta Bake	Bubble & Squeak Cakes Served With Poached Egg	Thai Green Chickpea & Vegetable Curry	
On The Side	Sweet Potato Wedges, Garden Peas, Green Beans		All served with lettuce, tomato, cucumber & herby wedges	50/50 Penne Pasta, garlic bread, Steamed broccoli & baked pumpkin	Chips, Sweetcorn, Baked Beans	Steamed Rice, Prawn Crackers, Mangetout & Carrots	
Dessert	Triple Chocolate Cookies	Fresh cut fruit & yoghurt	Steamed Jam Sponge With Custard	Fresh cut fruit & yoghurt	Lemon & Blueberry Drizzle Cake	Lemon & Raspberry Posset	
Every Day	Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt