

Autumn/Winter 2021/22 Menu - Week 1

Week: 30 Aug | 20 Sept | 11 Oct | 8 Nov | 29 Nov 2021 | 3 Jan | 24 Jan 2022

Monday

Mediterranean Chicken
Traybake with
Paprika Diced Potatoes

V Spanakopita
with
Paprika Diced Potatoes

V Spiced Apple Oatcake*

Tuesday

Beef Meatball
Ramen Bowl

V Spicy Butternut &
Butterbean Bake
with Potato Wedges
& Sour Cream

V Pear & Ginger Crumble
with Custard*

Wednesday

Roast British Beef with
Horseradish Mash or
Traditional Roast Potatoes,
Yorkshire Pudding[#]
& Gravy

V Glamorgan Sausages[#] with
Horseradish Mash or
Traditional Roast Potatoes,
Roasted Vegetables
& Gravy

V Eton Mess Cake

Thursday

Lasagne
with Garlic Bread
& Winter Slaw

V Beetball (Beetroot)
Falafel[#] with
Vegetable Couscous &
Lemon & Coriander
Houmous

V Apple & Cinnamon
Cobbler
with Custard

Friday

Fish Taco with
Tomato Salsa &
Lime & Avocado Guacamole

V Spicy Vegan Bean Puff[#]
with Fries

V Lemon Feather Sponge
with Citrus Sauce

All dishes come with a choice of Seasonal Vegetables or Salad Bar

2 Course Daily Meal - £2.50

All dishes are freshly prepared from scratch, except items marked with #

* Desserts highlighted with an asterisk contain a minimum of 50% fruit



Autumn/Winter 21/22 Menu - Week 2

Week: 6 Sept | 27 Sept | 18 Oct | 15 Nov | 6 Dec 2021 | 10 Jan | 31 Jan 2022

Monday

Thai Green Chicken Curry
with Fragrant Rice

V Margherita Mac 'n' Cheese
with Cherry Tomatoes &
Fresh Basil with Focaccia

V Chilli Baked Pineapple*

Tuesday

Sweet 'n' Sour
Pork & Noodles

V Squash-age Roll
with Horseradish Mash

V Mystery Marmalade
Muffin
topped with Crème Fraîche

Wednesday

Garlic & Thyme
Roasted Chicken
with Roast Potatoes

V Golden Glazed Carrot &
Mushroom Tart
with Cream Cheese & Tarragon
with Jewelled Couscous

V Peach & Apple Crumble
with Custard*

Thursday

Chicken Kofta
on a Warm Flatbread#
with Tzatziki
& Greek Salad

V Vegetable Kaathi Rolls

V Carrot Cake with
Cream Cheese Topping

Friday

Fish 'n' Chips

V Veggie Scotch Eggs
with Chips

V Vegan Chocolate &
Beetroot Brownie with
Crème Fraîche

All dishes come with a choice of Seasonal Vegetables or Salad Bar

2 Course Daily Meal - £2.50

All dishes are freshly prepared from scratch, except items marked with #

* Desserts highlighted with an asterisk contain a minimum of 50% fruit



Autumn/Winter 21/22 Menu - Week 3

Week: 13 Sept | 4 Oct | 1 Nov | 22 Nov | 13 Dec 2021 | 17 Jan | 7 Feb 2022

Monday

Chicken Katsu Curry
on a bed of
Basmati Rice

✓ Vegetable Chilli
with Nachos

✓ Caribbean Cake
& Coconut Custard*

Tuesday

Bangers & Mash
with Onion Gravy
& Baked Beans

✓ Tofu & Spinach Lasagne

✓ Canadian Gingerbread
with Vanilla Sauce

Wednesday

Roast Pork Crackling Joint
with Apple Sauce,
Sage & Onion Stuffing,
Traditional Roast Potatoes &
Gravy

✓ Red Dragon Pie

✓ Winter Spiced
Fruit Salad*

Thursday

Braised Beef Pie
with Country Style
Diced Potatoes

✓ Butternut Squash,
Chickpea & Carrot Tagine
with Aromatic Couscous

✓ Raspberry & Apple Cake
with Crème Fraîche

Friday

Fish Finger Bap
on a bed of Crispy Lettuce
with Lemon Mayo
& Jacket Wedges

✓ Onion Bhaji Burger[#]
with Cucumber Raita
& Jacket Wedges

✓ Hot Apple Taco

All dishes come with a choice of Seasonal Vegetables or Salad Bar

2 Course Daily Meal - £2.50

All dishes are freshly prepared from scratch, except items marked with #
* Desserts highlighted with an asterisk contain a minimum of 50% fruit



