

Autumn Menu Cycle – Kitchen Guide

This menu is available weeks commencing;
 4th September; 25th September; 16th October;
 13th November, 4th December

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|---|
| Main Meal | Cajun Chicken | Concept Day Spaghetti Bolognaise Spicy Ratatouille and Kidney Beans Rice | Roast Chicken with Stuffing & Gravy | Mince Lamb and Vegetable Pie | Catch of the Day with Home Made Tartare Sauce |
| Vegetarian Meal | Vegetable flan | | Macaroni Cheese | Cauliflower and Broccoli Cheese | Spicy Vegetable Fajita |
| On the Side – You Must 1. have at least 1 fresh vegetable daily Mon - Thurs 2. always have salad as an alternative vegetable & offer it! 3. You must always have a home baked bread – once a week this must be wholemeal | Steamed Rice | | Crispy Roast Potatoes | Boiled Rice | Chips |
| | Chef's Special | | | Parsley Potatoes | |
| | Sweetcorn | Glazed Carrots | Green Beans | Garden Peas | |
| | There must always be a 2nd fresh vegetable available on these days unit choice, change it daily | | | | Baked Beans |
| A Mixed Side Salad must always be available as an alternative to vegetables from the main counter make sure your team offer this to all customers. | | | | | |
| Home Baked Bread must always be available from the main counter once a week this must be wholemeal, it can be any flavour or style | | | | | |
| Must be Available Daily Pasta / Jacket Bar | Customers choose a Base; Pasta, Jacket, Rice, or other then add their choice of Hot Topping from our freshly prepared selection; You must offer both a meat & vegetarian choice daily, each day should be different and not clash with other offers | | | | |
| Snack Pot – Rice Week | Rice with Sweet n Sour Vegetables | Rice with Vegetable Curry | Rice with Italian Meatballs | Rice with Vegetable Chilli | Just Chips and Ketchup |
| Family Favourites | Oaty Varnilla Sponge with Custard | Marble Sponge with Chocolate Sauce | Orange and Courgette Cake with Custard | Apple & Mixed Berry Sponge with Custard | Wholemeal Banana Cake with Custard |

Autumn Menu Cycle – Kitchen Guide

This menu is available weeks commencing;
11th September; 2nd October; 30th October;
20th November; 11th December

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--------------------------------------|-----------------------------------|---|
| Main Meal | Moroccan Chicken Tagine | Shepherds Pie Savoury Mince with Rice | Roast Chicken with all the Trimmings | Savoury Lamb | Catch of the Day with Home Made Tartare Sauce |
| Vegetarian Meal | Butternut Squash, Chick Pea and Spinach Curry | Quorn and Vegetable Stir Fry | Macaroni Cheese | Mild Roast Vegetable Chilli | Smoky Bean Chilli |
| On the Side – You Must 1. have at least 1 fresh vegetable daily Mon - Thurs 2. always have salad as an alternative vegetable & offer it! 3. You must always have a home baked bread – once a week this must be wholemeal | CousCous / Rice | | Crispy Roast Potatoes | Rice/Boiled Potatoes | Chips |
| | Chef's Special | | Pilau Rice | Chef's Special | |
| | Broccoli | | Glazed Carrots | Coleslaw | Garden Peas |
| | There must always be a 2nd fresh vegetable available on these days unit choice, change it daily | | | | Baked Beans |
| | A Mixed Side Salad must always be available as an alternative to vegetables from the main counter make sure your team offer this to all customers. | | | | |
| Home Baked Bread must always be available from the main counter once a week this must be wholemeal, it can be any flavour or style | | | | | |
| Must be Available Daily Pasta / Jacket Bar | Customers choose a Base; Pasta, Jacket, Rice, or other then add their choice of Hot Topping from our freshly prepared selection; You must offer both a meat & vegetarian choice daily, each day should be different and not clash with other offers | | | | |
| Snack Pot – Wedge Week | Kung Po Noodles | Noodle Pot with Sweet and Sour Chicken | Mushroom Chow Mein | Sweet Chilli Noodles with Peppers | Cheesy Chips |
| Family Favourites | Apple Chocolate Sponge with Chocolate Sauce | Oaty Peach Crumble with Custard | Lemon Cake with Vanilla Sauce | Apple Crumble with Custard | Coconut Sponge and Custard |

Autumn Menu Cycle – Kitchen Guide

This menu is available weeks commencing;
18th September; 9th October; 6th November;
27th November; 3rd January

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|---|
| Main Meal | Savoury Chicken Rice | Lamb Meat Balls Rice/Boiled Potatoes | Roast Chicken with all the Trimmings | Lasagne with Garlic Bread | Catch of the Day with Home Made Tartare Sauce |
| Vegetarian Meal | Potato and Aubergine Bake | Roasted Vegetable Curry Served With Rice/Couscous | Macaroni Cheese | Spicy Mixed Bean Casserole | Green Lentil and Spinach Curry |
| On the Side – You Must 1. have at least 1 fresh vegetable daily Mon - Thurs 2. always have salad as an alternative vegetable & offer it! 3. You must always have a home baked bread – once a week this must be wholemeal | Chef's Special | | Crispy Roast Potatoes | Parsley Potatoes / Steamed Rice | Chips |
| | Green Beans | | Roast Parsnips | | |
| | | | Greens / Cabbage | Sweetcorn | Garden Peas |
| | There must always be a 2nd fresh vegetable available on these days unit choice, change it daily | | | | Baked Beans |
| A Mixed Side Salad must always be available as an alternative to vegetables from the main counter make sure your team offer this to all customers. | | | | | |
| Home Baked Bread must always be available from the main counter once a week this must be wholemeal, it can be any flavour or style | | | | | |
| Must be Available Daily Pasta / Jacket Bar | Customers choose a Base; Pasta, Jacket, Rice, or other then add their choice of Hot Topping from our freshly prepared selection; You must offer both a meat & vegetarian choice daily, each day should be different and not clash with other offers | | | | |
| Snack Pot – Noodle Week | Herby Wedges with Ketchup | Spicy Wedges | Margherita Wedges | Wedges with BBQ Sauce | Just Chips |
| Family Favourites | Pineapple Upside Down Pudding with Custard | Cherry Crumble Cake with Custard | Chocolate Pudding with Chocolate Sauce | Apple & Cinnamon Pancake with Whipped Cream | Pear and Ginger Sponge with Custard |