

Fresh fruit is available at all sittings

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Freshly Made Soup & Home Baked Bread with a selection of seeds & toppers				
MAIN MEAL	Beef Chilli	Creamy Chicken & Leek Sauce	'Toad out of the hole'	Create Your Own Pizza	Fish Bar
MEAT FREE	Vegetable & Bean Chilli	Vegetable Lasagne	Vegetarian Sausages	Pepperoni, Pineapple, Pesto, Mushrooms	Butternut squash & Sage Risotto
ON THE SIDE	Wholegrain Rice, Tortilla Chips, Broccoli, Corn on the Cob, Sour Cream, Salsa, Guacamole, Cheese	50/50 Penne or Spaghetti, Green Beans & Carrots	Mashed Potato, Sprouts, Cauliflower Cheese & Gravy	Roasted New Potatoes, Savoy Cabbage & Sweetcorn	Chips, Baked Beans & Peas
DESSERT	Yoghurt Bar Fruit & Oat Toppers	Sweet Potato Brownie	Manor Cheese Board, Celery, Grapes & Chutney	Yoghurt Bar, Fruit sauces & Granola	Autumn Fruit Crumble & Cream
MORNING SNACK	Cheese & Crackers	Croissant	Toasted English Breakfast Muffin	Root Veg Rosti	Very Berry Blast Fruit Smoothie
AFTERNOON SNACK	Spinach Pesto Pinwheel	Cranberry & Orange Plait	Filled Rolls	Crudities & Dips	Rosemary & Sea salt Focaccia

WC 03/11, 24/11

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LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Freshly Made Soup & Home Baked Bread with a selection of seeds & toppers				
MAIN MEAL	Macaroni Cheese or Tomato & Basil Pasta Mushrooms, Pesto, Bacon bits, Crispy Onions	 Chicken Katsu Curry	Roast Pork Loin	Hoi Sin Beef	Fish Friday
MEAT FREE		Mushroom, Chickpea & Spinach Curry	Leek, Potato & Spinach Crumble	Vegetable Lemon, Garlic & Honey Stir-fry	Roasted Tomato, Pepper & Mozzarella Gnocchi Bake
ON THE SIDE	Corn on the Cob & Cauliflower	Wholegrain Rice, Roasted Cauliflower, Savoy Cabbage	Roast Potatoes, Buttered Green Beans, Braised Red Cabbage, Gravy & Stuffing	Noodles, Roasted Broccoli & Carrots	Chips, Peas & Baked Beans
DESSERTS	Yoghurt Bar Granola & sauces	Apple & Blackberry Crumble & Custard	Pancakes & Sauces	Rice Pudding with homemade jam	Yoghurt Bar
MORNING SNACK	Bagel	Date Breakfast Bar	Fruit & Oat Smoothie	Cheese & Crackers	Tea loaf
AFTERNOON SNACK	Power Bar	Fruit Scone	Festive Fruit Loaf	Filled Rolls	Banana Granola Bar

WC 10/11, 1/12

Fresh fruit is available at all sittings

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Freshly Made Soup & Home Baked Bread with a selection of seeds & toppers				
MAIN MEAL	Chicken Coconut Korma	Sweet & Sour Pork	Greek Pastito	Theme Day	Fish Bar
MEAT FREE	Sweet Potato & Chickpea Curry	Mushroom, Baby corn & Pak Choi Stir Fry	Mediterranean Roasted Vegetable & Feta Pasta	Theme Day	Mixed Bean Quesadilla
ON THE SIDE	Wholegrain Rice, Nan Bread, Sweetcorn, Broccoli & Mango Chutney	Noodles, Roasted Savoy & Roasted Cauliflower	Green Beans & Buttered Carrots	Theme Day	Fries, Bakes Beans & Peas
DESSERT	Yoghurt Bar & Toppings	Chocolate Mousse	Winter Fruit Scones	Theme Day	Sliced Fruit or Jelly
MORNING SNACK	Spiced Pear Bloomer	Banana Loaf	Cheese & Crackers	Theme Day	Fruit Smoothie
AFTERNOON SNACK	Crudities & Dips	Cranberry & Brie Pinwheel	Power Bar	Theme Day	Christmas Grinch Bread

WC 17/11, 8/12