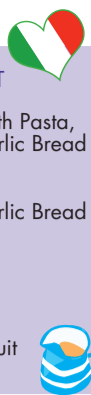


# AUTUMN LUNCH MENU

MONDAY 3 SEPT

- GD** Beef Bolognese with Pasta, Green Beans & Garlic Bread
- GD** Vegetable Lasagne, Green Beans & Garlic Bread
- D** Jacket Potato with Cheese & Salad
- GDE** Syrup Sponge with Custard or Fresh Fruit



TUESDAY 4 SEPT

- GD** Cheese & Tomato Mini Muffin Pizza, Potato Wedges, Peas & Ketchup
- Sweet Potato Curry with Wholegrain Rice & Peas
- GD** Jacket Potato with Spaghetti Hoops & Grated Cheese
- GD** Fruity Chocolate Tiffin or Fresh Fruit

**MIDWEEK ROASTS** WEDNESDAY 5 SEPT

- GD** Roasted Sausage, Buttery New Potatoes & Honey Glazed Baby Carrots
- D** Baked Cauliflower Cheese with Buttery New Potatoes & Honey Glazed Baby Carrots
- FE** Jacket Potato with Tuna Mayo & Cucumber
- Melon Balls with Fruit Coulis

THURSDAY 6 SEPT

- GES** Mild Chicken Korma with Wholegrain Rice & Rainbow Vegetables
- ES** Homemade Tomato Soup with a Cheese Roll
- GES** Jacket Potato with Cheese & Beans
- Strawberry Jelly & Peaches

FRIDAY 7 SEPT **FF**

- GEF** Fish Fingers with Chips, Peas & Marie Rose Sauce
- GD** Mac Cheese with Peas
- E** Jacket Potato with Coronation Chicken & Crudités
- S** Lemon Surprise Pudding or Fresh Fruit

MONDAY 3 SEPT **WEEK 1**

	M	T	W	T	F
MEAT	●	●	●	●	●
VEG	●	●	●	●	●
JACKET	●	●	●	●	●
TOTAL	_____				

MONDAY 10 SEPT

- GD** Hawaiian Pizza with Pasta Salad & Sweetcorn
- GD** Margherita Pizza with Pasta Salad & Sweetcorn
- D** Jacket Potato with Three Bean Chilli & Cheese
- GE** Dorset Apple Cake or Fresh Fruit

TUESDAY 11 SEPT

- Chicken Paella with Whole Green Beans
- GES** Sticky Teriyaki Quorn with Rice & Whole Green Beans
- D** Jacket Potato with Cheese & Baked Bean
- GE** Goody Chocolate Brownie or Fresh Fruit

**MIDWEEK ROASTS** WEDNESDAY 12 SEPT

- GS** Roast Beef, Roast Potatoes, Vegetable Medley & Gravy
- GDS** Sweet Potato Topped Vegetarian Cottage Pie with Vegetable Medley & Gravy
- D** Jacket Potato with Cheese & Crudités
- G** Apricot Flapjack Bar or Fresh Fruit

**ROYAL DAHL 100** THURSDAY 13 SEPT

- GS** Pork & Apple Burger in a Wholemeal Roll, Corn on the Cob & Salad
- GDE** Cheese & Courgette Burger in a Wholemeal Roll with Corn on the Cob & Salad
- EF** Jacket Potato with Tuna Mayo & Cucumber
- GD** Grandpa Joes Fruity Crumble with Custard

FRIDAY 14 SEPT **FF**

- GDF** Battered Fish with Chips, Peas & Ketchup
- GDE** Cheese and Onion Quiche with Chips, Peas & Ketchup
- D** Jacket Potato with Ham, Cream Cheese & Salad
- D** Apple Wedges and Cheddar Cheese

MONDAY 10 SEPT **WEEK 2**

	M	T	W	T	F
MEAT	●	●	●	●	●
VEG	●	●	●	●	●
JACKET	●	●	●	●	●
TOTAL	_____				

MONDAY 17 SEPT

- GD** Homemade Lasagne with Peas & Garlic Bread
- GD** Homemade Leek & Potato Soup with Wholemeal Cheese Roll
- E** Jacket Potato with Chicken Mayo & Sweetcorn
- G** Oat Cookie & Pineapple or Fresh Fruit



TUESDAY 18 SEPT

- GD** Pork Sausage with Cheesy Potato Bake & Ratatouille
- GD** Pesto Pasta with Grated Cheese & Tomato Salsa
- EF** Jacket Potato with Tuna Mayo & Cucumber
- GDE** Sticky Toffee Pudding with Custard or Fresh Fruit

**MIDWEEK ROASTS** WEDNESDAY 19 SEPT

- GS** Roast Chicken, Crispy Potatoes, Carrots, Whole Green Beans & Gravy
- GDES** Courgette & Lentil Bake Crispy Potatoes, Carrots, Green Beans & Gravy
- Jacket Potato with Ham & Crudités
- D** Chocolate Crispy Cake or Fresh Fruit

THURSDAY 20 SEPT

- GS** Sticky Teriyaki Pork with Rice & Peas
- E** Quorn Paella with Peas
- D** Jacket Potato with Cheese & Crudités
- Wobbly Strawberry Jelly with Peaches

FRIDAY 21 SEPT **FF**

- GDEF** Battered Lemon Sole Bites Potato Wedges, Salad & Tartar Sauce
- GDE** Dinosaur Cheese Ploughman's with Wholemeal Roll, Coleslaw & Salad
- D** Jacket Potato with Veggie Bolognese & Grated Cheese
- GDE** Jammy Cupcake or Fresh Fruit

MONDAY 17 SEPT **WEEK 3**

	M	T	W	T	F
MEAT	●	●	●	●	●
VEG	●	●	●	●	●
JACKET	●	●	●	●	●
TOTAL	_____				

MONDAY 24 SEPT

- GDF** Baked Fishcake with Buttery New Potatoes & Peas
- GD** Roasted Vegetable Slice with Buttery New Potatoes & Peas
- D** Jacket Potato with Cheese & Crudités
- G** Flapjack or Fresh Fruit

TUESDAY 25 SEPT

- Chicken and BBQ sauce with Colourful Rice & Salad
- GE** Hummus Platter with Falafels, Pitta Bread & Salad
- D** Jacket Potato with Cheese & Baked Beans
- D** Pears with Chocolate Sauce or Fresh Fruit

**MIDWEEK ROASTS** WEDNESDAY 26 SEPT

- GDS** Roast Gammon with Roast Potatoes, Cauliflower Cheese Green Beans & Gravy
- GD** Homemade Tomato Soup with Wholemeal Cheese Roll
- EF** Jacket Potato with Tuna & Cucumber
- GDE** Raspberry Blondie or Fresh Fruit

THURSDAY 27 SEPT

- GD** Meatball Sub, Tomato Sauce, Grated Cheese & Salad
- GDE** Quornball Sub, Tomato Sauce, Grated Cheese & Salad
- Jacket Potato with Ham & Crudités
- D** Homemade Rice Pudding or Fresh Fruit

FRIDAY 28 SEPT **FF**

- GDF** Battered Fish with Chips, Peas & Ketchup
- GD** Rainbow Pasta with Tomato Sauce, Grated Cheese & Garlic Bread
- E** Jacket Potato with Coleslaw & Salad
- G** Mini Shortbread and Raisins or Fresh Fruit

MONDAY 24 SEPT **WEEK 4**

	M	T	W	T	F
MEAT	●	●	●	●	●
VEG	●	●	●	●	●
JACKET	●	●	●	●	●
TOTAL	_____				

MONDAY 1 OCT

- GD** Homemade Margherita Pizza, Pasta Salad & Sweetcorn
- GD** Pesto Pasta with Tomato Salsa
- D** Jacket Potato with Three Bean Chilli & Grated Cheese
- G** Apricot Flapjack Bar or Fresh Fruit



TUESDAY 2 OCT

- Chicken Paella with Whole Green Beans
- GES** Sticky Teriyaki Quorn with Rice & Whole Green Beans
- D** Jacket Potato with Cheese & Baked Beans
- GE** Goody Chocolate Brownie or Fresh Fruit

**MIDWEEK ROASTS** WEDNESDAY 3 OCT

- GS** Roast Beef, Roast Potatoes, Vegetable Medley & Gravy
- GDS** Sweet Potato Topped Vegetarian Cottage Pie, Vegetable Medley & Gravy
- D** Jacket Potato with Ham, Cream Cheese & Salad
- D** Apple Wedges and Cheddar Cheese

THURSDAY 4 OCT

- GS** Pork & Apple Burger in a Wholemeal Roll with Corn on the Cob & Salad
- GDE** Cheese & Courgette Burger in a Wholemeal Roll with Corn on the Cob & Salad
- EF** Jacket Potato with Tuna Mayo & Cucumber
- Strawberry Jelly with Peaches

FRIDAY 5 OCT **FF**

- GDF** Battered Fish with Chips, Peas & Ketchup
- GDE** Cheese & Onion Quiche with Chips, Peas & Ketchup
- Jacket Potato with Ham & Crudités
- GDE** Syrup Sponge & Custard or Fresh Fruit

MONDAY 1 OCT **WEEK 5**

	M	T	W	T	F
MEAT	●	●	●	●	●
VEG	●	●	●	●	●
JACKET	●	●	●	●	●
TOTAL	_____				

MONDAY 8 OCT

- GD** Beef Bolognese with Pasta Shells, Whole Green Beans & Garlic Bread
- GD** Vegetable Lasagne, Whole Green Beans & Garlic Bread
- D** Jacket Potato with Cheese & Crudités
- GDE** Lemon Surprise Pudding or Fresh Fruit



TUESDAY 9 OCT

- GD** Pork Sausage with Cheesy Potato Bake & Ratatouille
- Sweet Potato Curry with Wholegrain Rice & Peas
- GD** Jacket Potato with Spaghetti Hoops & Grated Cheese
- Melon Balls with Fruit Coulis

**MIDWEEK ROASTS** WEDNESDAY 10 OCT

- D** Roasted Gammon, Buttery New Potatoes & Honey Glazed Baby Carrots
- D** Baked Cauliflower Cheese, Buttery New Potatoes & Honey Glazed Baby Carrots
- EF** Jacket Potato with Tuna Mayo & Cucumber
- GDE** Raspberry Blondie or Fresh Fruit

THURSDAY 11 OCT

- D** Mild Thai Green Chicken Curry with Wholegrain Rice, Rainbow Vegetables
- GD** Homemade Tomato Soup with a Cheese Roll
- D** Jacket Potato with Cheese & Baked Beans
- GD** Fruity Chocolate Tiffin or Fresh Fruit

FRIDAY 12 OCT **FF**

- GEF** Fish Fingers with Chips, Peas & Marie Rose Sauce
- GD** Mac Cheese with Peas
- E** Jacket Potato with Coronation Chicken & Salad
- GD** Fruity Crumble with Custard

MONDAY 9 OCT **WEEK 6**

	M	T	W	T	F
MEAT	●	●	●	●	●
VEG	●	●	●	●	●
JACKET	●	●	●	●	●
TOTAL	_____				

MONDAY 15 OCT

- GD** Homemade Lasagne with Peas & Garlic Bread
- GD** Homemade Leek & Potato Soup with a Wholemeal Cheese Roll
- E** Jacket Potato with Chicken Mayo & Sweetcorn
- D** Chocolate Crispy Cake or Fresh Fruit

TUESDAY 16 OCT

- GD** Meatball Sub with Tomato Sauce, Grated Cheese & Salad
- GDE** Quornball Sub with Tomato Sauce, Grated Cheese & Salad
- Jacket Potato with Ham & Crudités
- GDE** Sticky Toffee Pudding with Custard or Fresh Fruit

**MIDWEEK ROASTS** WEDNESDAY 17 OCT

- GS** Roast Chicken with Crispy Potatoes, Carrots, Whole Green Beans & Gravy
- GDES** Courgette & Lentil Bake with Crispy Potatoes, Carrots, Green Beans & Gravy
- D** Jacket Potato with Cheese & Crudités
- G** Mini Shortbread and Raisins or Fresh Fruit

THURSDAY 18 OCT

- GS** Sticky Teriyaki Pork with Rice & Peas
- E** Quorn Paella with Peas
- D** Jacket Potato with Cheese & Baked Beans
- Strawberry Jelly & Peaches

FRIDAY 19 OCT **FF**

- GDEF** Battered Lemon Sole Bites with Potato Wedges, Salad & Tartar Sauce
- GDE** Dinosaur Cheese Ploughman's with Wholemeal Roll, Coleslaw & Salad
- D** Jacket Potato with Mild Beef Chilli & Grated Cheese
- GDE** Jammy Cupcake or Fresh Fruit

MONDAY 16 OCT **WEEK 7**

	M	T	W	T	F
MEAT	●	●	●	●	●
VEG	●	●	●	●	●
JACKET	●	●	●	●	●
TOTAL	_____				

MONDAY 29 OCT

- GDF** Baked Fishcake with Buttery New Potatoes & Peas
- GD** Roasted Vegetable Slice with Buttery New Potatoes & Peas
- D** Jacket Potato with Ham, Cream Cheese & Crudités
- G** Oat Cookie & Pineapple or Fresh Fruit

TUESDAY 30 OCT

- Chicken and BBQ sauce with Colourful Rice & Salad
- G** Hummus Platter with Falafels, Pitta Bread & Salad
- DF** Jacket Potato with Cheese & Baked Beans
- D** Pears with Chocolate Sauce or Fresh Fruit

**MIDWEEK ROASTS** WEDNESDAY 31 OCT

- GDS** Roast Gammon with Roast Potatoes, Cauliflower Cheese Green Beans & Gravy
- GD** Homemade Pumpkin Soup with Wholemeal Cheese Roll
- EF** Jacket Potato with Tuna & Cucumber
- GDE** Ooey Goey Monster Eye Cookie or Fresh Fruit

THURSDAY 1 NOV

- GS** Beef Burger in a Wholemeal Roll with Corn on the Cob & Salad
- GDE** Quorn Burger in a Roll with Corn on the Cob & Salad
- Jacket Potato with Spaghetti Hoops & Grated Cheese
- D** Homemade Rice Pudding or Fresh Fruit

FRIDAY 2 NOV **FF**

- GDF** Battered Fish with Chips, Peas & Ketchup
- GD** Rainbow Pasta with Tomato Sauce, Grated Cheese & Garlic Bread
- E** Jacket Potato with Coleslaw & Salad
- G** Catherine Wheel Cookie and Raisins or Fresh Fruit

MONDAY 23 OCT **WEEK 8**

	M	T	W	T	F
MEAT	●	●	●	●	●
VEG	●	●	●	●	●
JACKET	●	●	●	●	●
TOTAL	_____				

