

Autumn Menu 2020 – Week One (w/c 2nd November and 23rd November)




All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Creamy cauliflower	Broccoli & blue cheese	Minestrone	Mushroom and cream	Pea & mint
Main course one	Mediterranean Vegetable and Chickpea Stew	Turkey meatballs with spaghetti and garlic bread	“Make it mine Wednesday” Frankfurter hotdog	Slow roast chicken	“Sustainable Friday” Breaded fish with lemon and tartare sauce
Meat course two	Mushroom risotto with parmesan and pesto	Vegetarian meatballs with spaghetti and garlic bread	Super vegetarian hotdog Sticky red onions	Winter vegetable tart	Southern BBQ chicken Red lentil & vegetable pie
On the side	Turmeric rice and Corn in the cob	Green beans & broccoli	Parmesan Potato wedges Green vegetables	Thyme roasted potatoes, honey roasted parsnips and carrots	Chunky chips, crushed peas & green beans
Dessert	Warm carrot cake with an orange sauce	Fresh cut fruit & yoghurt	Lemon cheese cakes	Fresh cut fruit & yoghurt	Chocolate brownie
Every day	Fresh cut fruit & soya yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt

Autumn Menu 2020 – Week Two (w/c 9th November and 30th November)




 All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Parsnip & root ginger	Potato and leek	French onion	Roast red pepper & tomato	Creamy cauliflower
Main course one	Hand made Margarita pizza	Shepherds pie topped with mashed squash and potatoes	Katsu chicken burger with Asian slaw	Slow roast pork shoulder with pears, onions & crispy sage	“Sustainable Friday” Chef Special fish pie Jumbo Fish fingers
Meat course two	Vegetable borritos served with rice	Vegetable Quorn Pie with bolognese	The best veggie burger	Cauliflower mac ‘n’ cheese with herby crumb	Handmade chicken goujons Winter & vegetable pie
On the side	Olives, peppers & mushrooms Grilled tomatoes	Cauliflower cheese	Skin on wedges, baked beans & broccoli	Thyme roast potatoes Steamed spring vegetables Courgettes	Skinny fries & baked beans
Dessert	Plant based apple crumble & oat custard	Fresh cut fruit & yoghurt	Warm pineapple upside down cake with a mango cream	Fresh cut fruit & yoghurt	Lemon tartlets
Every day	Fresh cut fruit & soya yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt

Autumn Menu 2020 – Week Three (w/c 16th November and 7th December)



 All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato & oregano	Sweet potato	Spiced butternut squash	Sweetcorn chowder	Carrot & coriander
Main course one	Extra cheesy macaroni pasta	Chicken curry served with mini naan breads	Mexican Beef chilli Spicy vegetable bean chilli	Roast chicken served with a lemon and apricot stuffing	“Sustainable Friday” Battered white fish with tartare sauce
Meat course two		Tomato and basil pasta bake	Chickpea dopiaza with spinach & coriander, with onion bhaji	served with corn chips, sour cream, grated cheese	Roast vegetable swirl in a puff pastry
On the side	Corn in the cob & garlic bread	Poppadum’s & steamed rice Spinach and cauliflower	Pea and corn yellow rice	Roasted potatoes and Savoy cabbage and green beans	Chunky chips, mushy peas & baked beans
Dessert	Reduced dairy banoffee pie	Fresh cut fruit & yoghurt	Apple crumble & custard	Fresh cut fruit & yoghurt	Sticky toffee pudding
Every day	Fresh cut fruit & soya yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt