

Autumn 2018 Menu week one

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Beef Bolognaise	Sweet & Sour Pork	Roast Turkey	Chicken & Butternut Squash Curry	Battered Fish
MAIN COURSE 2	Tuna Pasta Bake	Chicken Teriyaki	Beef & Mushroom Casserole	Chilli Con Carne	Chicken & Sweetcorn Puff Pastry Pie
VEGETARIAN CHOICE	Roasted Butternut Squash Risotto	Quorn & Vegetable Stir Fry	Root Vegetable Hot Pot	Autumn Vegetable & Chickpea Korma	Battered Quorn Sausage
STARCHY FOOD	Linguine	Noodles	Roast Potatoes	Wholegrain Rice	Chips
VEGETABLES	Green Beans	Sweetcorn & Carrots	Peas & Cabbage	Broccoli	Mushy Peas or Baked Beans
DESSERT	Apple & Blackcurrant Crumble	Gingerbread Cake	Mixed Fruit Strudel	Strawberry Trifle	Chocolate & Orange Brownie



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Pork, Apple & Celeriac Casserole	Fisherman's Pie	Roast Beef	Lasagne	Battered Fish
MAIN COURSE 2	Chicken, Mushroom & Tarragon Risotto	Mediterranean Chicken	Maple Glazed Bacon Loin	Coriander Garlic Lime Chicken	Chicken & Leek Pasta Bake
VEGETARIAN CHOICE	Quorn & Root Vegetable Pasta Bake	Sweet Potato & Spinach Frittata	Quorn Cottage Pie	Macaroni Cheese	Spiced Lentil & Bean Burger
STARCHY FOOD	Herb Infused Couscous	Wholemeal Pasta	Mashed Potato	Spicy Baked Wedges	Chips
VEGETABLES	Broccoli	Green Beans	Carrots & Swede	Peas & Sweetcorn	Mushy Peas or Baked Beans
DESSERT	Bakewell Tart	Chocolate Bread Pudding	Baked Apple & Toffee Crumble	Fruity Chocolate Bake	Butternut Squash Cake



Autumn 2018 Menu week three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Minced Beef Pastry Roll	Lime, Ginger & Soy Salmon Fillet	Roast Chicken	Cottage Pie	Battered Fish
MAIN COURSE 2	Cumberland Sausages with Caramelised Onion Gravy	Chinese Chicken	Bacon & Leek Potato Bake	Chicken Tagine	Turkey Burgers
VEGETARIAN CHOICE	Roasted Mediterranean Vegetable Parcel	Sweet Potato & Chickpea Curry	Autumn Vegetable Lasagne	Vegetarian Chilli	Mixed Bean & Vegetable Tortilla Bake
STARCHY FOOD	Mashed Potatoes	Wholegrain Rice	Roast Potatoes	Herb Infused Couscous	Chips
VEGETABLES	Roasted Root Vegetables	Broccoli & Carrots	Braised Red Cabbage	Green Beans	Mushy Peas or Baked Beans
DESSERT	Eve's Pudding	Chocolate Banana Cake	Orange & Cinnamon Rice Pudding	Pear & Date Crumble Crunch	Sticky Toffee Pudding