

# WEEK 3 MENU

## AUTUMN TERM

| MONDAY                                          | TUESDAY                                                | WEDNESDAY                                     | THURSDAY                                                              | FRIDAY                                        |
|-------------------------------------------------|--------------------------------------------------------|-----------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------|
| Chicken fillet on a bun with spicy rice & salad | Meat and potato pie with seasonal vegetables           | Chilli mac with tortilla chips                | Chicken and gravy in Yorkshire pudding with seasonal vegetables       | Piri piri chicken rice with garlic naan bread |
| Quorn fillet on a bun with spicy rice & salad   | Cauliflower & broccoli cheese with seasonal vegetables | Cheese & onion slice with seasonal vegetables | Quorn sausage and gravy in Yorkshire pudding with seasonal vegetables | Quorn spicy rice with garlic naan bread       |
| Vanilla sponge cake                             | Chocolate sponge & custard                             | Lemon cake                                    | Coconut sponge & custard                                              | Chef's choice                                 |

### PASTA BAR (PASTA, RICE OR NACHOS)

Meat options: Chicken Tikka, Boston Meatballs, Pizza Polo, Pepperoni, Beef Chilli or Chicken sauce  
Vegetarian options: Arrabiata, Basilico or Margherita sauce

### SANDWICHES, WRAPS & JACKET POTATOES

Wide selection of meat and vegetarian options available, choice of bread and fresh salad

Fresh fruit  
& yoghurts  
available  
every day