




Autumn Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Station	Soup of the Day Served with chilli flakes, seeds & croutons	Soup of the Day Served with chilli flakes, seeds & croutons	Soup of the Day Served with chilli flakes, seeds & croutons	Soup of the Day Served with chilli flakes, seeds & croutons	Soup of the Day Served with chilli flakes, seeds & croutons
Main Meal of the Day	Stir Fry Turkey Noodles with crunchy vegetables in sweet & sour sauce Or Vegetable Ratatouille served with rice	 Traditional Macaroni Cheese served with a twist! Choose your topper and side Bacon croutons, garlic mushrooms, roasted veggies or pepperoni.	Roast Chicken with Stuffing, Roasted Herby Potatoes and Gravy Or Quorn Sausages with Stuffing, Roasted Herby Potatoes and Gravy	 Chicken Curry or Vegetable Curry served with Cucumber Raita, Sag Aloo, Naan Bread and Mango Chutney	Battered Pollack with Tartare Sauce & Lemon Wedge Or Mushroom and Spinach Risotto
Sides	Roasted Summer Vegetables Fresh Mixed Salad Garlic Bread	Roasted Veggies Fresh Mixed Salad Garlic Slice	Cabbage Roasted Parsnips Fresh Mixed Salad	Sweetcorn Fresh Mixed Salad	Peas and Baked Beans Fresh Mixed Salad Curry Sauce Mushy Peas
Hot Grab & Go	BBQ Chicken Flat bread	Vegetarian Chilli Burrito	Pizza Market and Pasta Kitchen.	Curried Hot Wrap	Fish Finger Wrap
Pasta Kitchen	Pizza Market and Pasta Kitchen. Jacket Potatoes to include Sweet potato option, beans & cold toppings	Pizza Market and Pasta Kitchen. Jacket Potatoes to include Sweet potato option, beans & cold toppings	Jacket Potatoes to include Sweet potato option, beans & cold toppings	Pizza Market and Pasta Kitchen. Jacket Potatoes to include Sweet potato option, beans & cold toppings	Pizza Market and Pasta Kitchen. Jacket Potatoes to include Sweet potato option, beans & cold toppings
	Wholemeal Apple Crumble & Vanilla Custard	Vanilla Shortbread	Pear and Ginger Muffin	Pineapple Upside Down Cake & Custard	Rice Pudding with Mixed Berry Compote
Fruit salad pots and a selection of seasonal fresh fruit served in peak condition, ripened and ready to eat. - Daily selection of Grab & Go also available Some dishes may vary & are subject to availability					

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Main Meal of the Day	Lentil Bolognese with Wholemeal Pasta and Fresh Rocket Or Cottage Pie	 Marinated chicken or Spicy Bean Burger in a bun (served with sides below.)	Roast Turkey with New Potatoes and Gravy Cheese & Potato Pie with Tomato and Spinach	 Chilli Beef or Pulled Pork or Mexican Vegetable Fajitas served with Mexican Rice, Taco or Soft Tortilla (served with sides below)	Battered Pollack with Lemon Wedge, Tartare Sauce and Spanish Omelette with Rocket and Red Pepper Salad and Homemade Potato Wedges
	Sides	Green Beans Roasted Butternut Squash Fresh Mixed Salad	Green Beans Fresh Mixed Salad Garlic Bread Onion Rings Wedges Cajun Rice	Carrots Savoy Cabbage Fresh Mixed Salad	Sweetcorn Fresh Mixed Salad Nachos with cheese Mexican Slaw
Hot Grab & Go	Bacon & Cheese Flat Bread	Vegetarian Chilli Burrito	Pizza Market and Pasta Kitchen.	BBQ Chicken Hot Wrap	Fish Finger Wrap
Pasta Kitchen	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, beans & cold toppings	Jacket Potatoes to include Sweet potato option, beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, beans & cold toppings
	Chocolate and Mandarin Brownie	Bread and Butter Pudding with Custard	Banana Loaf	Wholemeal Peach Crumble with Custard	Pear Sponge with Custard
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Main Meal of the Day	Aubergine, Mushroom and Lentil Moussaka Or Ham, Cheese & Tomato Quiche with ½ Jacket Potato	Favourites Day ...where students vote for the menu of the day from list of popular dishes.	Roast Gammon with Roasted New Potatoes and Gravy Or Roasted Vegetable and Butternut Squash Frittata	 Marinated Chicken pieces or Falafel & Hummus served in a Khobez wrap with tabbouleh & crunchy slaw. Add your sauce	Battered Pollack with Lemon Wedge, Tartar Sauce and Chipped Potatoes Or Chinese Mushroom and Black Bean Stir Fry with Egg Noodles
Sides	Roasted Carrots Peas Fresh Mixed Salad	Seasonal Vegetables or Fresh Mixed Salad	Cauliflower Green Beans Fresh Mixed Salad	Diced Herby potatoes Sweetcorn Fresh Mixed Salad	Peas Baked Beans Fresh Mixed Salad Curry sauce
Hot Grab & Go	Vegetarian Chilli Burrito	Piri piri Chicken Flat bread	Pizza Market and Pasta Kitchen	BBQ Sausage Wrap	Fish Finger Wrap
Pasta Kitchen	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, beans & cold toppings	Jacket Potatoes to include Sweet potato option, beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, beans & cold toppings
	Chocolate and Orange Sponge with Chocolate Sauce	Mixed Summer Fruit Crumble with Custard	Carrot Cake	Apple Strudel with Custard	Pineapple Loaf
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