

Autumn Menu

Monday

Soup of the Day(V)

Freshly baked bread

"Katsu Monday"

Chicken Katsu Curry

Vegetable Katsu Curry (V)

Jasmin Rice

Chinese Greens/ Edamame Beans

Carrot

Pesto Pasta (V)

Baked potato (V)

Grated cheese / baked beans

Beef Stroganoff

Freshly Prepared Salad Bar

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

No Sugar Mango Fool

Tuesday

Soup of the Day(V)

Freshly baked bread

"Pasta Bar"

Beef Bolognaise

Lentil Bolognaise (V)

Penne Pasta

Garlic Bread

Green Beans

Arrabiatta Pasta (V)

Baked potato (V)

Grated cheese / baked beans

Carbonara with Pancetta

Freshly Prepared Salad Bar

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Orange Polenta Cake

Wednesday

Soup of the Day(V)

Freshly baked bread

"Traditional Wednesday"

Puffed Chicken and Leek Pie

Vegetable Pie (V)

Crushed Potato
Broccoli & Cauliflower

Peas

Pasta Bake (V)

Baked potato (V)

Grated cheese / baked beans

Lamb Stew

Freshly Prepared Salad Bar

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Salt caramel Cheesecake

Thursday

Soup of the Day(V)

Freshly baked bread

"Roast Day"

Pork Roast

Aubergine and Potato Tumbet (V)

Crispy potato

Yorkshire Pudding

Roast Celeriac & Apple

Roasted Pepper and Tomato

Pasta (V)

Baked potato (V)

Grated cheese / baked beans

BBQ Chicken

Freshly Prepared Salad Bar

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Ice cream

Friday

Soup of the Day(V)

Freshly baked bread

"Chip Shop Friday"

Battered Fish

Mac and Cheese Bites

Mediterranean Tart (V)

Chips

Beans

Peas

Mac N' Cheese (V)

Baked potato (V)

Grated cheese / baked beans

Pork in Sweet and Sour Sauce

Freshly Prepared Salad Bar

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Raspberry and Yoghurt Cake

WEEK 1

All our meals are freshly made



Autumn Menu

Monday

Soup of the Day(V)

Freshly baked bread

“EFC Day”

Esme’s Fried Chicken Burger

Country Bake Burger (V)

Fries

Corn on the cob

Battered Onion rings

Pesto Pasta

Baked potato (V)

Grated cheese / baked beans

Beef Chili

Freshly made house salad cart

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Strawberry Mousse

Tuesday

Soup of the Day(V)

Freshly baked bread

“Mexican Day”

Pulled Pork Taco

Jackfruit Taco (V)

Mexican Rice

Spiced Sweetcorn

Sour Cream & Salsa

Arrabiatta Pasta (V)

Baked potato (V)

Grated cheese / baked beans

Sweet Chili Chicken

Freshly Prepared Salad Bar

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Crème de Caramelo

Wednesday

Soup of the Day(V)

Freshly baked bread

“Shawarma Grill”

Chicken Shawarma

Aubergine and Crushed Falafel

Flatbread(V)

Lebanese Salad

Seasoned Wedges

Braised Cabbage

Roasted Vegetable Pasta Bake (V)

Baked potato (V)

Grated cheese / baked beans

Lamb Tagine

Freshly made house salad cart

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Zanzibar Spiced Cake

Thursday

Soup of the Day(V)

Freshly baked bread

“Roast Day”

Beef Roast

Hasselback Courgetti (V)

Crispy potato

Yorkshire Pudding

Cauliflower Cheese

Tomato Pasta

Baked potato (V)

Grated cheese / baked beans

Jerk Chicken

Freshly made house salad cart

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Profiteroles

Friday

Soup of the Day(V)

Freshly baked bread

“Chip Shop Friday”

Battered Fish

Fish Finger

Feta & Zucchini Stuffed Pepper (V)

Chips

Beans

Peas

Mac N’ Cheese and toppings(V)

Baked potato (V)

Grated cheese / baked beans

Beef Goulash

Freshly made house salad cart

A selection of fresh fruit

Yoghurt

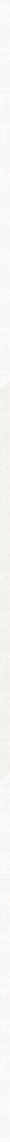
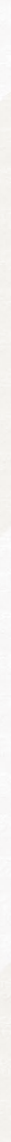
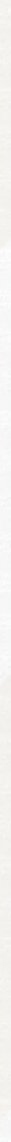
Chopped fruit pots

Sugar free Jelly

Chia Seed Overnight Pot

WEEK 2

All our meals are freshly made



Autumn Menu

Monday

Soup of the Day(V)

Freshly baked bread

"British Bangers"

Cumberland Pork Sausage

Veggie Sausage (V)

Mash

Braised Leek & Carrots

Onion gravy

Pesto Sauce (V)

Baked potato (V)

Grated cheese / baked beans

Beef Stew

Freshly Prepared Salad Bar

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Lemon Drizzle Cake

Tuesday

Soup of the Day(V)

Freshly baked bread

"Spiced Tuesday "

Chicken Tikka Masala

Vegetable Masala (V)

Cumin Rice

Naan Bread & Raita

Green Beans

Arrabiatta Sauce (V)

Baked potato (V)

Grated cheese / baked beans

Prawn Korma Curry

Freshly Prepared Salad Bar

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Ginger Cake

Wednesday

Soup of the Day(V)

Freshly baked bread

"Asian Day"

Beef Stir Fry

Tofu & Mushroom Bao Bun (V)

Egg Noodles

Carrot and Soya Bean

Mooli

Roasted Vegetable Pasta Bake (V)

Baked potato (V)

Grated cheese / baked beans

Sticky Chicken

Freshly Prepared Salad Bar

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Exotic Fruit Salad

Thursday

Soup of the Day(V)

Freshly baked bread

"Roast Day"

Chicken Roast

Goat Cheese and Beetroot Tart (V)

Crispy potatoes

Root Vegetables

Yorkshire Pudding

Tomato Pasta (V)

Baked potato (V)

Grated cheese / baked beans

Sweet and Sour Pork

Freshly Prepared Salad Bar

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Vanilla and Strawberry Pannacotta

Friday

Soup of the Day(V)

Freshly baked bread

"Chip Shop Friday"

Breaded Fish

Calamari

Summer Frittata (V)

Chips

Beans

Peas

Mac N' Cheese and Toppings (V)

Baked potato (V)

Grated cheese / baked beans

Peri peri Chicken

Freshly Prepared Salad Bar

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Plum and shortcake crumble

WEEK 3

All our meals are freshly made

