

WEEK ONE

THIS WEEK'S MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish of the Day Coconut Chicken Korma Hal al Coconut Chicken Korma	Dish of the Day Beef Bolognese Hal al Beef Bolognese	Dish of the day Butchers Choice Sausages Hal al Chicken and Herb Sausages	Dish of the day Roast Turkey Sage & Onion Stuffing Cranberry Sauce	Dish of the Day Breaded Cod Fish Fingers With Tartare Sauce
<i>Vegetarian Option</i> Vegetable Biryani	Vegetarian Option Winter Vegetable Lasagne	Vegetarian Option Vegetable Filo Pastry Slice	Vegetarian Option Courgette and herb Frittata	Vegetarian Option Spicy Bean Patty
On the Side	On the Side	On the Side	On the Side	On the Side
Turmeric Rice Broccoli Green Beans	Sauté Courgettes Peas	Mashed Potatoes Savoy Cabbage Kale	New potatoes roasted With Paprika Brussel Sprouts Roasted Vegetables	Oven Chips Garden Peas Baked Beans
Dessert Eton Mess	Dessert A Yogurt selection	Dessert Coconut Jam Sponge	Dessert Strawberry Cheesecake	Dessert Fruit Jelly

fresh fruit & yoghurt will be available daily

COGNITA TEACHING EXCELLENCE	Week commencing:	23/09 14/10 04/11 25/11	



THIS WEEK'S MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish of the day	Dish of the day	Pasta day	Dish of the day	Dish of the day
Keema Lamb	Pork Stroganoff	Penne Pasta	Roast Chicken Breast	Beef Burgers
Hal al Keema Lamb	Hal al Chicken Stroganoff	Served with Choice	Hal AL Roast Chicken	Hal al Beef Burgers
Raita & Mango Chutney		Of		Served in a bun
		Tomato and Basil Sauce		
		Cheese and Leek Sauce		
Vegetarian Option	Vegetarian option	Mushroom Sauce	Vegetarian option	Vegetarian option
Lentil Dahl	Stuffed Mushrooms		Goats Cheese and Red Onion Jam Tartlets	Tomato and Herb Pizzas
On the side	On the side	On the side	On the side	On the side
Basmati Rice	Roasted New Potatoes	Courgette's	Roast Potatoes	Oven chips

Basmati Rice Roasted Cauliflower Sweetcorn

Roasted Winter Vegetables Green Beans

Dessert Strawberry Mousse **Dessert** Exotic Fruit Salad **Dessert** Beetroot Chocolate cake

Carrots

Dessert Rice Pudding and strawberry Jam

Medley of Roast Vegetables

Sauté Cabbage

Dessert Vanilla Ice Cream

Baked beans

Garden peas

fresh fruit & yoghurt will be available daily Please discuss any allergies or intolerances with a member of our team



Week commencing: 30/09 21/10 11/11 02 /12





THIS WEEK'S MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish of the Day Chilli Con Carne Hal al Chilli Con Carne	Dish of the Day Barbeque Chicken Hal al Barbeque Chicken	Dish of the Day Marconi Cheese with Bacon	Dish of the Day Katsu Pork Hal al Katsu Chicken	Dish of the Day Chicken Hot Dogs
Vegetarian Option Vegetable Chilli	Vegetarian option Cheese & Leek Potato Bake	Vegetarian Option Macaroni Cheese	Vegetarian option Spinach, Peppers & Chick pea Katsu Curry	Vegetarian Option Quorn Sausages
On the Side Savoury Rice Sweetcorn & Peppers	On the side Hirissa Roasted Baby Potatoes Broccoli Carrots	On the Side Seasonal country Vegetables	On the side Rice noodles Stir Fry Vegetables Pak Choi	On the Side Oven Chips Garden peas Baked Beans
Dessert Mixed Fruit Crumble and Cream	Dessert Yogurt and Granola Topping	Dessert Mandarin jelly	Dessert Bread and Butter Pudding	Dessert Chocolate Ice Cream



Week commencing: 07/10 28/10 18/11 9/12

