

**Meat – Free
MONDAY**

**Seasonal Soup
Sage & Butternut Squash**
with Freshly Baked
whole Grain Bread

Vegan Dish of the Day
Whole Grain Borlotti Bean
Pasta Pomodoro

**Vegetarian Dish of the
Day**
Cheddar & Red Leicester
Macaroni & Kale Bake

Vegetables
Sautéed Courgettes
Roasted Peppers

Dessert
Spiced Rice Pudding

TUESDAY

**Seasonal Soup
Creamy Broccoli & Pea**
With Freshly Baked
Whole Grain Bread

Dish of the Day
Jerk Chicken Leg with
Rice & Peas

Vegetarian Dish of the Day
Jerk Seitan with Mango & Jack
Fruit Salsa

Vegetables
Fruity Slaw
Peas & Carrots

Dessert
Warm Spiced Whole Meal
Banana Bread

WEDNESDAY

**Seasonal Soup
Carrot & Caraway**
With Freshly Baked
Whole Grain Bread

Dish of the Day
Lamb Saag with
Brown Rice Pilau

Vegetarian Dish of the Day
Halloumi Tikka Kebabs with
Tzatziki & Pitta Bread

Vegetables
Red & Yellow Lentil Dahl
Spiced Roast Cauliflower

Dessert
Autumn Apple & Plum Oat
Crumble with Custard

THURSDAY

**Seasonal Soup
Tomato & Oregano**
With Freshly Baked
Whole Grain Bread

Dish of the Day
Sweet Chilli Glazed Salmon &
White Fish with Noodles

Vegetarian Dish of the Day
Crispy Tofu Sticky Soya Glass
Noodles

Vegetables
Super Green Salad
Sweet Corn

Dessert
Peach Slices
in
Jelly

FRIDAY

**Seasonal Soup
Super green Kale, Pea
& Mint**
With Freshly Baked
Whole Grain Bread

Dish of the Day
Grilled Piri Piri Marinated
Chicken Breast Burger

Vegetarian Dish of the Day
Homemade Polenta Veggie
Fingers

Vegetables
Chunky Oven Chips, Peas,
Honey Glazed Carrots
Baked Beans

Dessert
Naturally Sweetened
Chocolate Fudge Slice

