

MAKE

Menu Autumn / Winter 2021 - 22

WEEK ONE

	MONDAY	TUE SDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal 1	Taco's With Veggie Chilli, Rice, Mint Yoghurt & Wedges	Classic Pasta Bolognese	Roast Turkey With Stuffing, Roast Potatoes & Gravy	Creamy Chicken & Butternut Korma Curry & Mixed Rice	Deep Fried Fish served with Lemon and Tartare Sauce
Vegetarian	Wholemeal Margherita Pizza With Wedges Filled Jacket Potatoes	Veggie Mince Spaghetti Bolognese Filled Jacket Potatoes	Roast Veggie Balls With Stuffing, Roast Potatoes & Gravy Filled Jacket Potatoes	Sticky Barbecue Vegetables With Noodles Filled Jacket Potatoes	Crispy Veggie Burger With Chips Filled Jacket Potatoes
Vegetables	Jacket Wedges Green Beans Sweetcorn Baked Beans Mixed Garden Salad	Broccoli Roasted Vegetables Baked Beans Mixed Garden Salad	Cauliflower Seasonal Greens Baked Beans Mixed Garden Salad	Mixed Vegetables Baked Beans Mixed Garden Salad	Chipped Potatoes Peas Baked Beans Mixed Garden Salad
Available Daily	Orange & Banana Traybake Fresh Fruit Salad	Apple Flapjack Fresh Fruit Salad	Tropical Crumble & Cream Fresh Fruit Salad	Jam Sponge & Custard Fresh Fruit Salad	Chocolate Cookie Fresh Fruit Salad
Available Daily	Assorted Snacks, Various Filled Sandwiches, Rolls and Wraps, Fresh Salads, Cold Desserts and Tray Bakes				

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal 1	Wholemeal Margherita Pizza With Herby Diced	Cheesy Ham & Broccoli Spaghetti	Roast Gammon With Yorkshire Pudding	Chicken & Sweetcorn Meatball Sub Arrabiata Sauce	Deep Fried Fish served with Lemon and Tartare Sauce
Vegetarian	Smoky Spiced Vegetable Stew With Mexican Rice Filled Jacket Potatoes	Chinese Vegetable Curry With Mixed Rice Filled Jacket Potatoes	Roast Veggie Balls With Yorkshire Pudding Filled Jacket Potatoes	Creamy Baked Macaroni Cheese Filled Jacket Potatoes	Veggie Hog Dog With Onions Filled Jacket Potatoes
Vegetables	Herby Diced Potatoes Sweetcorn & Peppers Garden Peas Baked Beans Mixed Garden Salad Oat & Raisin Cookies Fresh Fruit Salad	Green Beans Cauliflower Baked Beans Mixed Garden Salad Cinnamon Pear Upside Down Cake Fresh Fruit Salad	Roast Potatoes Carrots Savoy Cabbage Baked Beans Mixed Garden Salad Jam Tart & Custard Fresh Fruit Salad	Baked Wedges Roasted Vegetables Broccoli Baked Beans Mixed Garden Salad Lemon & Blueberry Yoghurt Cake Fresh Fruit Salad	Chipped Potatoes Garden Peas Baked Beans Mixed Garden Salad Beetroot Brownie Fresh Fruit Salad
Available Daily					
Available Daily	Assorted Snacks, Various Filled Sandwiches, Rolls and Wraps, Fresh Salads, Cold Desserts and Tray Bakes				

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WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal 1	Veggie Meatballs With Tomato Sauce & Cous Cous	Baked Sausages & Yorkshire Pudding With Mashed Potato	Roast Chicken With Stuffing	Mild Piri Piri Chicken Bake Served With Mixed Rice	Deep Fried Fish served with Lemon and Tartare Sauce
Vegetarian	Wholemeal Margherita Pizza With Baby Baked Potatoes Filled Jacket Potatoes	Autumn Vegetable & Whole Wheat Tortilla Lasagne Filled Jacket Potatoes	Roast Veggie Balls With Stuffing Filled Jacket Potatoes	Tomato, Basil & Courgette Pasta Bake Filled Jacket Potatoes	Mozzarella & Fresh Tomato Melt With Chips Filled Jacket Potatoes
Vegetables	Mixed Vegetables Baked Beans Mixed Garden Salad	Green Beans Cauliflower Baked Beans Mixed Garden Salad	Roast Potatoes Garden Peas Carrots Baked Beans Mixed Garden Salad	Broccoli Sweetcorn Baked Beans Mixed Garden Salad	Chipped Potatoes Garden Peas Baked Beans Mixed Garden Salad
Available Daily	Chocolate Shortbread Fresh Fruit Salad	Carrot Cake Cookie Fresh Fruit Salad	Peach Shortcake Bar With Custard Fresh Fruit Salad	Marble Sponge & Custard Fresh Fruit Salad	Lemon & Courgette Slice Fresh Fruit Salad
Available Daily	Assorted Snacks, Various Filled Sandwiches, Rolls and Wraps, Fresh Salads, Cold Desserts and Tray Bakes				