

5 aday catering Autumn / Winter Menu 2019/20 (HF)

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Chilli-Con- Carni served with Rice	Sweet and Sour Chicken Noodles served with Pitta Bread	Pork & Apple Casserole served with New Potatoes	Beef Lasagne served with Pitta Bread	Sausage & Vegetable Casserole served New Potatoes
	(V) Vegetarian Mince Chill–Con-Carni served with Rice	(V) Vegetarian Sweet and Sour Chicken Noodles	(V) Root Vegetable & Apple Casserole served with New Potatoes	(V) Vegetarian Lasagne served with Pitta Bread	(V) Vegetarian Sausage & Vegetable Casserole served with New Potatoes
	(D) Fruit Yogurts	(D) Jam Sponge & Custard	(D) Chocolate Flapjacks	(D) Strawberry Mousse	(D) Lemon Drizzle Cake
Week 2	Chicken Balti Curry served with Rice	Sausage and Onion Gravy served with Carrots, Peas & New Potatoes	Tuna Pasta Bake served with Pitta Bread	Pork & Mixed Bean Casserole served with New Potatoes	Cottage Pie served with Peas
	(V) Vegetarian Balti Curry served with Rice	(V) Vegetarian Sausage & Onion Gravy with Carrots, Peas & New Potatoes	(V) Ratatouille Pasta Bake served with Pitta Bread	(V) Root Vegetable Casserole served with New Potatoes	(V) Vegetarian Cottage Pie served with Peas
	(D) Bananas & Custard	(D) Butter Scotch Mousse	(D) Pineapple Upside Down Cake & Custard	(D) Orange Flapjacks	(D) Fruit Yogurts
Week 3	Spaghetti Bolognese served with Pitta Bread	Sausage, Beans & New Potatoes	Chicken & Vegetable Pasta Bake Served with Pitta Bread	Beef & Vegetable Casserole served with New Potatoes	Chicken Jalfrezi Curry served with Rice
	(V) Vegetarian Bolognese served with Pitta Bread	(V) Vegetarian Sausage, Beans & New Potatoes	(V) Quorn Chicken & Vegetable Pasta Bake served with Pitta Bread	(V) Vegetarian Meatball Casserole served with New Potatoes	(V) Vegetarian Jalfrezi Curry served with Rice
	(D) Fruit Yogurts	(D) Chocolate Roll & Custard	(D) Lemon Flapjacks	(D) Iced Sponge Cake with Sprinkles	(D) Cherry Sponge Cake & Custard
Week 4	Roast Chicken served with Mixed Vegetables & New Potatoes	Ham, Leek & Vegetable Pasta Bake served Pitta Bread	Beef Meatball Casserole served with New Potatoes	Sweet & Sour Pork served with Rice	Sausage & Mixed Bean Casserole served with New Potatoes
	(V) Quorn Roast Chicken served with Veg & New Potatoes	(V) Mediterranean Vegetable Pasta Bake served with Pitta Bread	(V) Root Vegetable Casserole served with New Potatoes	(V) Quorn Sweet & Sour served with Rice	(V) Vegetarian sausage & Mixed Bean Casserole served with New Potatoes
	(D) Fruit Yogurts	(D) Banana Mousse	(D) Chocolate Brownies	(D) Sultana Flapjacks	(D) Chocolate Marble Cake & Custard