



# Sample Menu



## Autumn Lunch Menu

Gluten Dairy Eggs Soy Fish

### Sunday

#### Morning Snack

Margherita Pizza • •  
Apple Wedges  
Water

#### Main Dish

Scottish meatballs with  
Roasted Herb Potatoes

#### Main Dish. Vegetarian

Mediterranean Veg  
Parmigiana with Roasted  
Herb Potatoes •

#### Side. Vegetable

Rainbow Veggies

#### Dessert

Fruit Jelly

### Monday

Vanilla Muffin • •  
Orange Wedges  
Water

Sweet & Sour Chicken  
with Peas Rice •

Aloo Gobhi with  
Peas Rice

Sautéed Green Beans with  
Mushrooms

Pineapple Upside down  
Cake •

### Tuesday

Sweetcorn  
Watermelon Cubes  
Water

Chicken Tikka Masala  
with Saffron Rice •

Vegetable  
Mac N' Cheese • •

Honey Glazed Carrot

Fruit Mousse •

### Wednesday

Tomato Twist • •  
Banana  
Water

Twisted Fish Silvers with Light  
Tartare & Cajun Potatoes • • •

Vegetable Ratatouille  
with Cajun Potatoes

Sautéed Green Peas

Apple Crumble Pie • • •

### Thursday

Crackers & Cream Cheese • •  
Melon Cubes  
Water

Roast Chicken w/ Roast  
Potatoes & Gravy •

Roast Veg & Beans w/ Roast  
Potatoes & Gravy •

Broccoli Forest

Blueberry Eton Mess •

WEEK 1 Commences: September 17th - October 15th, 29th - November 12th, 26th - December 10th



## Autumn Lunch Menu

Gluten Dairy Eggs Soy Fish

### Sunday

#### Morning Snack

Vegetable Muffin  
Watermelon Cubes  
Water

#### Main Dish

Chicken Chipolata  
Alfredo • •

#### Main Dish. Vegetarian

Bubble & Squeak with  
Boulangere Potatoes

#### Side. Vegetable

Broccoli Forest

#### Dessert

Fruit Jelly

### Monday

Cucumber & Cream Cheese  
Sandwich •  
Water

Chicken Biryani with  
Brown Rice

Vegetable Pie with Sweet  
Potato Mash •

Market Fresh Vegetables

Fruit Trifle •

### Tuesday

Steamed Corn  
Orange Wedges  
Water

Lasagne Bolognaise with  
Parmentier Potatoes • •

Vegetable Lasagne •

Honey Glazed Carrots

Tutti Frutti Cake •

### Wednesday

Olive Pizza •  
Melon Cubes  
Water

Fish Nuggets with Homemade  
Ketchup & Sweet Paprika  
Potatoes • •

Spinach, Corn & Mushroom  
Gratin with Sweet Paprika  
Potatoes •

Steamed Peas

Custard •

### Thursday

Crackers & Cream Cheese • •  
Apple Wedges  
Water

Chicken in White Sauce  
w/ Shell Pasta • •

Vegetable in White Sauce  
w/ Shell Pasta • •

Sweet Corn

Blueberry Eton Mess •

WEEK 2 Commences: September 17th - October 1st, 15th, 29th - November 12th, 26th - December 10th