

AUTUMN MENU

WEEK ONE

WEEKS COMMENCING:
31/8, 21/9, 12/10, 2/11, 23/11

MAIN ONE

MAIN TWO

JACKET POTATO

SANDWICH

WRAP

DESSERT

MONDAY

Tomato and Pesto Pasta with Garlic Bread and Sweetcorn

Sweet Potato Falafel with Tomato Sauce, Penne Pasta, Garlic Bread and Sweetcorn

Jacket Potatoes served daily with a selection of fillings

Cheese and Tomato

Ham Salad

Fresh Fruit Salad

TUESDAY

Devon Beef Bolognese with Penne Pasta and Fresh Broccoli

Vegetable and Bean Bolognese with Penne Pasta and Broccoli

Jacket Potatoes served daily with a selection of fillings

Egg Mayo

Tuna and Cucumber

Oaty Cookie and Fruit

WEDNESDAY

Roast Devon Gammon and Gravy with Crispy Roast Potatoes, Carrots and Savoy Cabbage

Sweet Potato and Chickpea Slice with Crispy Roast Potatoes, Carrots and Savoy Cabbage

Jacket Potatoes served daily with a selection of fillings

Ham and Tomato

Cheese and Cucumber

Strawberry Jelly and Fruit

THURSDAY

Salt and Pepper Chicken with Chinese Noodles and Stir-Fried Vegetables

Hoisin Vegetable and Chickpea Stir-Fry with Chinese Noodles and Stir-Fried Vegetables

Jacket Potatoes served daily with a selection of fillings

Chicken Mayo

Cheese and Salad

Yoghurt and Fruit

FRIDAY

Fish Fingers with Chips, Garden Peas and Baked Beans

Black Bean and Mozzarella Quesadilla with Chips, Garden Peas and Baked Beans

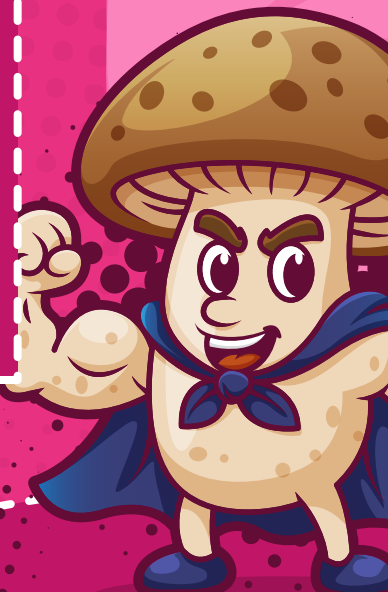
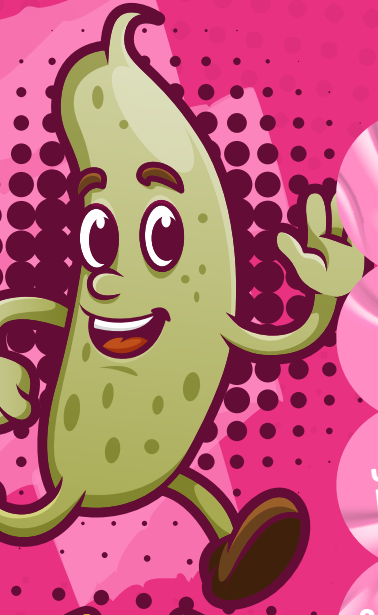
Jacket Potatoes served daily with a selection of fillings

Cream Cheese and Cucumber

Tuna Salad

Cheese, Apple and Crackers

We are pleased to offer a variety of allergen free options on our food menu. Although all food is prepared in a kitchen that handles most allergens and therefore we cannot guarantee that cross contamination will never occur, we do take every possible precaution to prevent this from happening.



AUTUMN MENU

WEEK TWO

WEEKS COMMENCING:
7/9, 28/9, 19/10, 9/11, 30/11

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN ONE

Bacon Topped Macaroni Cheese with Garlic Bread and Fine Green Beans

Devon Beef Chilli Con Carne with Rice, Tortilla Chips and Sweetcorn

Roast Chicken and Gravy with Crispy Roast Potatoes, Broccoli and Carrots

West Country Brunch: Devon Pork Sausage, Bacon, Hash Brown, Baked Beans and Sweetcorn

Baked Breaded Fish or Salmon Fingers with Chips, Garden Peas and Fresh Salad

MAIN TWO

Macaroni Cheese with Garlic Bread and Fine Green Beans

Five Bean Chilli with Rice, Tortilla Chips and Sweetcorn

Spanish Vegetable and Butterbean Bake with Crispy Roast Potatoes, Broccoli and Carrots

Vegetarian Brunch: Quorn Sausage, Hash Brown, Grilled Tomato, Baked Beans and Sweetcorn

Spinach and Potato Spanish Omelette with Chips, Garden Peas and Fresh Salad

JACKET POTATO

Jacket Potatoes served daily with a selection of fillings

Jacket Potatoes served daily with a selection of fillings

Jacket Potatoes served daily with a selection of fillings

Jacket Potatoes served daily with a selection of fillings

Jacket Potatoes served daily with a selection of fillings

SANDWICH

Ham

Tuna Salad

Cream Cheese and Cucumber

Egg Mayo

Chicken Mayo

WRAP

Cheese and Tomato

Ham and Tomato

Ham Salad

Tuna Salad

Cheese and Salad

DESSERT

Fresh Fruit Salad

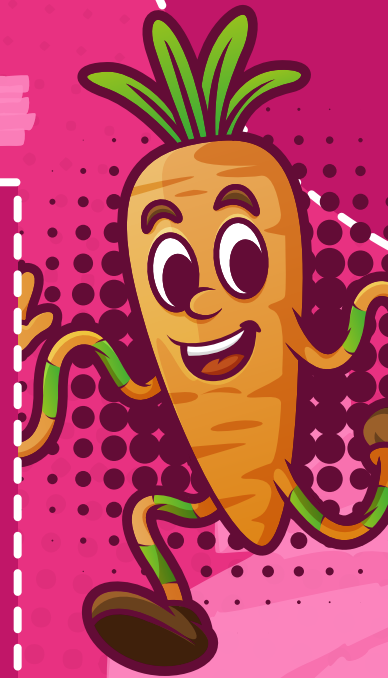
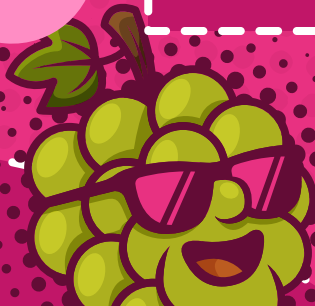
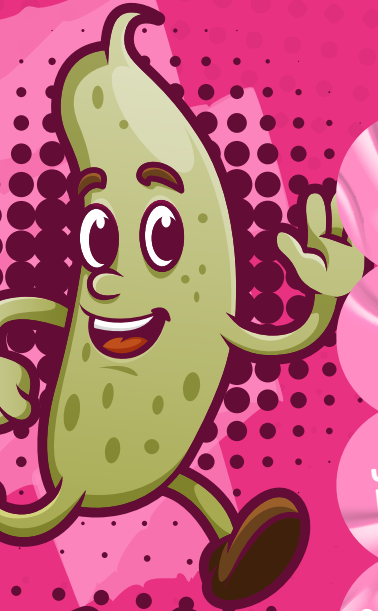
Chocolate Mousse and Fruit Pot

Yoghurt and Fruit

Peach Crumble and Custard

Ice Cream and Fruit

We are pleased to offer a variety of allergen free options on our food menu. Although all food is prepared in a kitchen that handles most allergens and therefore we cannot guarantee that cross contamination will never occur, we do take every possible precaution to prevent this from happening.



AUTUMN MENU

WEEK THREE

WEEKS COMMENCING:
14/9, 5/10, 16/11, 7/12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN ONE

Mozzarella and Tomato Pasta Bake with Garlic Bread, Sweetcorn and Salad Sticks

Cajun Chicken Breast with Fruity Cous Cous, Rainbow Slaw and Carrot Sticks

Devon Roast Pork and Gravy with Crispy Roast Potatoes, Carrots and Broccoli

Crispy Chicken Katsu Curry with Rice, Naan Bread and Fine Green Beans

Fish Cake with Chips, Baked Beans and Garden Peas

MAIN TWO

Vegetable Pasta Bake with Garlic Bread, Sweetcorn and Salad Sticks

Moroccan Chickpea and Squash Tagine with Fruity Cous Cous, Rainbow Slaw and Carrot Sticks

Vegetable and Lentil Pie with Crispy Roast Potatoes, Carrots and Broccoli

Cauliflower, Chickpea and Butternut Curry with Rice, Naan Bread and Fine Green Beans

Vegetable Nuggets with Chips, Baked Beans and Garden Peas

JACKET POTATO

Jacket Potatoes served daily with a selection of fillings

Jacket Potatoes served daily with a selection of fillings

Jacket Potatoes served daily with a selection of fillings

Jacket Potatoes served daily with a selection of fillings

Jacket Potatoes served daily with a selection of fillings

SANDWICH

Cheese

Egg Mayo

Tuna Mayo

Ham Salad

Chicken Mayo

WRAP

Ham Salad

Tuna Salad

Ham and Tomato

Cheese

Cream Cheese and Cucumber

DESSERT

Fresh Fruit Platter

Shortbread Cookie and Fruit

Raspberry Jelly and Fruit

Apple Crumble and Custard

Yoghurt and Fruit

We are pleased to offer a variety of allergen free options on our food menu. Although all food is prepared in a kitchen that handles most allergens and therefore we cannot guarantee that cross contamination will never occur, we do take every possible precaution to prevent this from happening.

