

# WEEK

Served w/c  
Sept 5<sup>th</sup> & 26<sup>th</sup>,  
Oct 17<sup>th</sup>, Nov 14<sup>th</sup>, Dec 5<sup>th</sup>

# 1

# WEEK

Served w/c  
Sept 12<sup>th</sup>, Oct 3<sup>rd</sup> & 31<sup>st</sup>,  
Nov 21<sup>st</sup>, Dec 12<sup>th</sup>

# 2

# WEEK

Served w/c  
Sept 19<sup>th</sup>, Oct 10<sup>th</sup>,  
Nov 7<sup>th</sup> & 28<sup>th</sup>

# 3

Monday

### Sausages

Baked Beans/Peas  
Potato Wedges  
Herbie Bread  
★★★★  
Apple Crisp  
Custard  
Fresh Fruit

### Pasta Bolognaise

Broccoli  
Carrots  
Garlic Bread  
★★★★  
Flapjack with Orange Segment  
Fresh Fruit

### Makhani Chicken Curry

Sweetcorn  
Vegetable Pilaff Rice  
Naan Bread  
★★★★  
Sticky Toffee Pudding  
Custard  
Fresh Fruit

### Beef Cobbler

Mashed Carrot and Swede  
Savoy Cabbage  
Creamed Potatoes  
Crusty White Bread  
★★★★  
Yoghurt with Oat Cookie  
Fresh Fruit

### Fish Fingers

Peas & Rice Salad  
Diced Potatoes  
Tomato Bread  
★★★★  
Banana Brownie & Chocolate Sauce  
Fresh Fruit

Tuesday

### Cheese & Tomato Pasta

Broccoli  
Sweetcorn  
Poppy Seed Bread  
★★★★  
Herbie Carrot Cake  
Custard  
Fresh Fruit

### Roast Pork Loin Apple Sauce & Gravy

Medley of Vegetables  
Roast Potatoes  
Pitta Bread  
★★★★  
Krispie Cereal Bar  
Fresh Fruit

### Exeter Shortcake & Gravy (Minced Lamb & dumpling topping)

Carrot, Swede & Parsnip  
Peas  
Creamed Potatoes  
Sliced Wholemeal Bread  
★★★★  
Peaches & Dairy Ice Cream  
Fresh Fruit

### Chicken Korma

Broccoli & Sweetcorn  
Brown Rice  
Pitta Bread  
★★★★  
Chocolate Mandarin Sponge  
Vanilla Sauce  
Fresh Fruit

### Battered Fish

Peas & Carrots  
Saute Potatoes  
Sunflower Seed Bread  
★★★★  
Rice Pudding & Jam  
Fresh Fruit

Wednesday

### Pizza with Assorted Toppings

Peas and Sweetcorn  
Potato Wedges  
Garlic Bread  
★★★★  
Custard Cookie & Apple Wedge  
Fresh Fruit

### Meatballs in Tomato Sauce

Carrots  
Broccoli  
Savoury Rice  
Wholemeal Bread  
★★★★  
Fruity Gingerbread & Custard  
Fresh Fruit

### Roast Chicken, Stuffing & Gravy

Sweetcorn  
Green Beans  
Parsley Potatoes  
Crusty White Bread  
★★★★  
Apple Flapjack Pudding  
Custard  
Fresh Fruit

### Minced Beef & Yorkshire Pudding

Peas & Cauliflower with Cheese Sauce  
Creamed Potatoes  
Sliced Wholemeal Bread  
★★★★  
Chocolate Arctic Roll & Pears  
Fresh Fruit

### Breaded Salmon Nibbles

Pasta Salad & Grated Carrot  
Chipped Potatoes  
Herbie Bread  
★★★★  
Orange Shortcake & Custard  
Fresh Fruit

Thursday

Friday



*Did you know National  
Apple Day is celebrated  
on 21<sup>st</sup> October? An  
apple a day keeps  
the Doctor away.*



*Now in season and great  
value. A good source of  
folate and vitamin C.*