

WINTER MENU : NOV - MAR



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	MEAT FREE MONDAY 3 BEAN CHILLI CON CARNE Mixed beans with tomato & herb sauce, basmati rice, grated Cheddar & tortilla chips. Seasonal Salad	SAUSAGES & HOT DOG ROLLS Jumbo pork sausages, hot dog rolls, corn cobs, fried onions, tomato sauce. VEG: Vegetarian sausages HALAL: Halal chicken sausages	SPICY TACOS Spicy beef mince, taco shells, grated Cheddar & shredded iceberg lettuce. VEG: Vegetarian HALAL: Halal minced beef	SWEET CHILLI CHICKEN & RICE Chicken thigh pieces with a sweet chilli sauce, coconut milk & peas with basmati rice VEG: Quorn pieces HALAL: Halal chicken breast	DELI FRIDAY Tomato soup, soft bread rolls, sliced salami, soft cheese spread, grated Cheddar. Seasonal salad VEG: Vegetarian sliced meat HALAL: Halal sliced meat
WEEK 2	MEAT FREE MONDAY PESTO PASTA Fusilli pasta with green pesto, Bread Rolls, grated Cheddar. Seasonal salad	FAJITAS Chicken breast pieces with mexican seasoning Fajita wraps, salsa, sour cream, grated Cheddar. Seasonal salad VEG: mixed bean fajitas HALAL: Halal chicken breast	SPAGHETTI BOLOGNAISE Beef mince, tomato & herb sauce, Spaghetti, grated Cheddar. Seasonal salad VEG: Vegetarian mince HALAL: Halal minced beef	PIRI PIRI CHICKEN & RICE Chicken thigh pieces, piri piri sauce, turmeric basmati rice and flatbread. VEG: Quorn pieces HALAL: Halal chicken breast	DELI FRIDAY Hot jumbo sausage roll, sliced bread, ham, soft cheese spread, grated Cheddar. Seasonal salad VEG/ HALAL Hot cheese & Onion rolls, halal sliced meat or vegetarian sliced meat
WEEK 3	MEAT FREE MONDAY SWEET POTATO, SPINACH & CHICKPEA CURRY & RICE Tikka sauce with sweet potato, spinach and chickpeas with basmati rice & naan bread.	BREADED FISH & VEGETABLES Breaded cod (fillets or fingers) with seasonal vegetables & herbed butter new potatoes. VEG: Veggie bakes	MOROCCAN CHICKEN & COUSCOUS Chicken thigh pieces with a Moroccan maribase & couscous, fresh tomato & cucumber salsa VEG: Quorn pieces HALAL: Halal chicken breast	NEO PASTA Penne pasta with tomato & herb sauce, garlic bread. Seasonal salad	DELI FRIDAY Hot Sub rolls with BBQ chicken breast pieces, spicy mayo, grated Cheddar, crisps & shredded lettuce. VEG: Quorn pieces HALAL: Halal chicken breast

Fresh fruit is offered daily. Yoghurts, mousse, ice lollies, fruit jelly, flapjacks, Brownies, mini muffins, mini doughnuts are offered twice weekly. The Menu is subject to change due to stock availability. All dietary requirements are met, please speak to the Catering staff. A full list of allergens is available from the kitchen.

Our meat is supplied by The Village Butcher SW18 Ltd in Southfields and is UK free range. Our fruit and veg by Ross Fruiterers in Worcester Park.