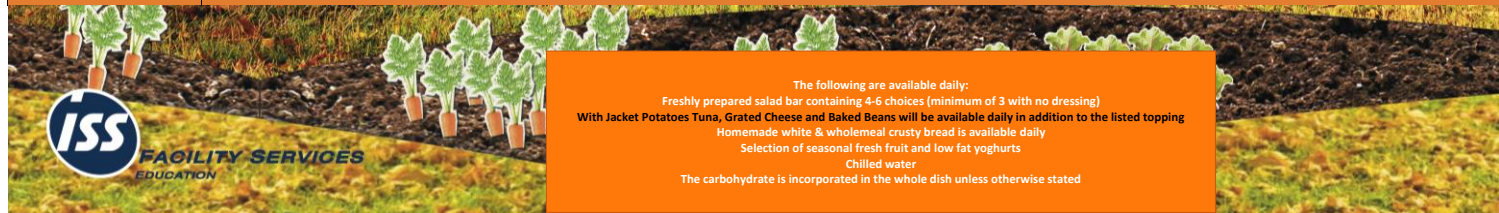


# Halal Autumn Menu 2021

|                                       |  |  |  |  |  |
|---------------------------------------|--|--|--|--|--|
| <b>Option 1</b>                       | Sausage & Apple Plait  | Organic Beef Spaghetti Bolognese   | Roast Lemon & Garlic Chicken Thigh   | Red Onion & Sweetcorn Pizza  | Fish Fingers   |
| <b>Option 2</b>                       | Chick Pea & Mixed Vegetable Balti Served with Rice                                 | Vegetable Lasagne  | Roasted Vegetarian Strips  | Goan Vegetable Curry   | Cheese & Onion Quiche  |
| <b>Option 3</b>                       | Jacket potato with choice of either Baked Beans, Cheddar Cheese Or Tuna Mayonnaise | Jacket potato with choice of either Baked Beans, Cheddar Cheese Or Tuna Mayonnaise | Jacket potato with choice of either Baked Beans, Cheddar Cheese Or Tuna Mayonnaise | Jacket potato with choice of either Baked Beans, Cheddar Cheese Or Tuna Mayonnaise | Jacket potato with choice of either Baked Beans, Cheddar Cheese Or Tuna Mayonnaise |
| <b>Potato, Vegetables &amp; Sides</b> | Green Beans, Sweetcorn & mashed potato   | Carrots, Broccoli & Garlic Bread   | Roasted Mediterranean Vegetables, Cabbage & Roast Potatoes                         | Sweetcorn, Apple Slaw & Potato wedges  | Baked Bean, Peas & Chips   |
| <b>Dessert of the day</b>             | Oat Dream Cookie   | Carrot cake  | 50% Fruit Pineapple Upside Down Sponge served with Custard                         | Fresh Fruit Salad with Natural Yoghurt   | Strawberry Jelly & Icecream  |
| <b>Dates week commencing</b>          |  |  |  |  |  |
| <b>Option 1</b>                       | Organic Moroccan Beef  | Chicken & Leek Wholemeal Pastry Pie  | Roast Beef Served With Yorkshire Pudding   | Margherita Pizza   | Battered Pollock   |
| <b>Option 2</b>                       | Mexican Rice Wrap  | Shepherdess Pie with Sweet Potato topping  | Cheese & Tomato Pasta Bake   | Honey & Ginger Vegetable Strips Stir Fry with Noodles                              | Falafel & Salad Burger   |
| <b>Option 3</b>                       | Jacket potato with choice of either Baked Beans, Cheddar Cheese Or Tuna Mayonnaise | Jacket potato with choice of either Baked Beans, Cheddar Cheese Or Tuna Mayonnaise | Jacket potato with choice of either Baked Beans, Cheddar Cheese Or Tuna Mayonnaise | Jacket potato with choice of either Baked Beans, Cheddar Cheese Or Tuna Mayonnaise | Jacket potato with choice of either Baked Beans, Cheddar Cheese Or Salmon          |
| <b>Potato, Vegetables &amp; Sides</b> | Peas, Cauliflower & Cous Cous  | Swede, Carrots & Mashed Potato   | Green Cabbage, Sweetcorn & Roast Potatoes  | Broccoli, Runner bean slaw & Jacket Wedges   | Baked Bean, Peas & Chips   |
| <b>Dessert of the day</b>             | Frozen Strawberry Yoghurt  | Shortbread   | Vanilla Sponge with Apple Compote  | Fresh Fruit Salad with Natural Yoghurt   | Strawberry Jelly with Ice Cream  |
| <b>Dates week commencing</b>          |  |  |  |  |  |
| <b>Option 1</b>                       | Sub Chicken & Sweetcorn Meatballs In Tomato Sauce                                  | Cottage Pie  | Roast Lemon & Garlic Chicken Thigh   | Roasted Vegetable Pizza  | Fish Fingers   |
| <b>Option 2</b>                       | Vegetarian Chicken Style Piri Piri Strips Wrap                                     | Vegetable Hot Pot  | Macaroni Cheese  | Spinach & Lentil Dahl  | Roast Vegetable Calzone  |
| <b>Option 3</b>                       | Jacket potato with choice of either Baked Beans, Cheddar Cheese Or Tuna Mayonnaise | Jacket potato with choice of either Baked Beans, Cheddar Cheese Or Tuna Mayonnaise | Jacket potato with choice of either Baked Beans, Cheddar Cheese Or Tuna Mayonnaise | Jacket potato with choice of either Baked Beans, Cheddar Cheese Or Tuna Mayonnaise | Jacket potato with choice of either Baked Beans, Cheddar Cheese Or Salmon          |
| <b>Potato, Vegetables &amp; Sides</b> | Green Beans, Carrots & rice  | Sweetcorn, Broccoli & Mashed Potato  | Roasted Mediterranean Vegetables, Peas & Roast Potatoes                            | Roasted Cauliflower, Fruity Slaw & Rice  | Baked Bean, Peas & Chips   |
| <b>Dessert of the day</b>             | Fruity Flapjack  | Chocolate cracknell  | Oaty Apple & Berry Crumble with Custard  | Fresh Fruit Salad with Natural Yoghurt   | Orange Jelly & Mandarins   |
| <b>Dates week commencing</b>          |  |  |  |  |  |



The following are available daily:  
 Freshly prepared salad bar containing 4-6 choices (minimum of 3 with no dressing)  
 With Jacket Potatoes Tuna, Grated Cheese and Baked Beans will be available daily in addition to the listed topping  
 Homemade white & wholemeal crusty bread is available daily  
 Selection of seasonal fresh fruit and low fat yoghurts  
 Chilled water  
 The carbohydrate is incorporated in the whole dish unless otherwise stated