

# Full of HAPPY

## Autumn Menu

Week One

Monday

Tuesday

Wednesday

Thursday

Friday

**Meat Free Monday**

**Planet Matters Day**

**Main**

Katsu Chicken  
Curry

Slow Roasted  
Pork

Breaded Cod

**Meat Free**

Penne Pasta  
Arrabiata  
Sauce

Cauliflower & potato  
Saag

Aubergine  
Melanzane

Cheesy garlic Bread  
Bake

Roasted cauliflower  
Cheese

**To Go With**

Steamed kale  
Grated Cheese

Noodles  
Green Beans

Roast Potatoes  
Cabbage  
Apple Sauce  
Gravy

Peas  
Sweetcorn

Oven Baked Fries  
Baked beans

**Dessert**

Apple Crumble &  
Custard

Chocolate Ice cream  
Pots

Yoghurt Bar

Cinnamon Roll Swirl  
Cake

Peaches  
Cream

**Every Day**

**Fresh Salad Bar**

**Fresh Fruit Pots**

**Wholemeal Bread**

FOR THOSE WITH SPECIAL DIETARY REQUIREMENTS OR ALLERGIES, WHO MAY WISH TO KNOW ABOUT THE FOOD OR DRINK INGREDIENTS USED, PLEASE ASK FOR A MANAGER.

Good  
Mood  
Food

# Full of HAPPY

## Autumn Menu

Week Two

Monday

Tuesday

Wednesday

Thursday

Friday

**Meat Free Monday**

**Planet Matters Day**

**Main**

Bolognaise Sauce

Roast Chicken

Hot Dogs

Chilli Non Carne

Quesadillas

**Meat Free**

Tomato & Aubergine Ragu

Butternut Squash Rissotto

Bubble & Squeak Koftas

**To Go With**

Rice Broccoli

Macaroni Peas

Roasted Midi Potatoes  
Carrots  
Gravy

Baked beans  
Garlic mushrooms

Sweetcorn  
Appleslaw  
Roasted onions

**Desserts**

Fruit Smoothies

Oatey Plum  
Gingerbread Slice

Strawberry  
Ice cream

Lemon Drizzle Cake

Berries with Vanilla  
Cream & Meringue  
Crunch

**Every Day**

**Fresh Salad Bar**

**Wholemeal Bread**

**Fruit Platter**

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Good  
Mood  
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# Full of HAPPY

## Autumn Menu

Week Three

Monday

Tuesday

Wednesday

Thursday

Friday

**Main**

**Meat Free Monday**

Mexican Chicken

Roasted Gammon

**Planet Matters Day**

Fillet Of Cod Fish Fingers

**Meat Free**

Linguine Creamy cheese Sauce

Roasted Halloumi Fajitas

Bean & Vegetable Ratatouille

Falcons Girls Jacket Potato Bar

Crispy Cheese & Leek Pie

**To Go With**

Baked Mushrooms  
Roasted Tomatoes

Pitta breads  
Green Beans

Crispy Roasted Potatoes  
Spring Greens  
Gravy

Cheese Tuna Mayonnaise  
Sweetcorn  
Baked beans  
Coleslaw

Creamed potatoes  
Peas

**Dessert**

Jelly Cream

Chocolate Caramel Brownie

Yoghurt Bar

Pineapple & Coconut Clafoutis

Vanilla Ice Cream Pots

**Every Day**

**Fresh Salad Bar**

**Wholemeal Bread**

**Fruit Platter**

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Good Mood Food