

WEEKLY

MENU

Charles Darwin - Main Meal Autumn/Winter - Week 3

Monday

Baked Beef Lasagne with
Parmesan Crust & Salad

Goat's Cheese & Beetroot Tart

Pilaf Rice & Mixed Salad

Glazed Carrots

Caramelised Ginger &
Pineapple Sponge with
Custard

Tuesday

Classic Fish Pie topped with
Parsley Crumbs

Moroccan Style Vegetable
Stew with Coriander Cous
Cous

Steamed Broccoli

Chocolate Beetroot Cake with
Chocolate Sauce

Wednesday

Roast Sticky Gammon with
Parsnips

Vegetable Sausage Roll with
Onion Jam

Roast Potatoes

Roasted Vegetables

Apple Crumble with Custard

Thursday

BBQ Chicken Thighs with Red
Cabbage Slaw

Spinach & Vegetable Tortilla
with Green Salad

Pilaf Rice & Steamed New
Potatoes

Sweetcorn & Salad Bar
Selection

Sticky Toffee Pudding with
Butterscotch Sauce

Friday

Breaded Fish Fillet with Tartar
Sauce & Lemon

Sweet Potato & Plantain Curry
with Coriander Rice

Chunky Chips

Baked Beans or Garden Peas

Banana & Caraway Cake with
Vanilla Sauce

Salad Shaker Pots, Dessert Pots, Yoghurt Pots, Fresh Fruit, Sandwiches, Baguettes, Wraps, Bagels, Ciabattas & Focaccias