

Whitefriars Autumn Menu 2018 - Week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 MEAT	Meat Free Monday	Greek Lamb Stew	Creamy Fish Pie with Puff Pastry	Chicken Rogan Josh Curry	Battered Fish
OPTION 2 VEGETARIAN	Cauliflower and Chickpea Curry with Wholegrain Rice	Greek Aubergine Moussaka	Vegetarian Pie Topped with Puff Pastry	Sweet Potatoes and Lentil Rogan Josh Curry	Mixed Pepper and Sweetcorn Pizza
OPTION 3	Jacket Potato with Cheese and Baked Beans	Vegetarian Paella	Jacket Potato with Tuna, Sweetcorn/Cheese	Tomato and Cheese Pasta Bake	—
SIDE ORDERS	Penne Pasta with Creamy Broccoli and Leeks Carrots and Peas	Boiled Potatoes Broccoli and Cauliflower	Steamed New Potatoes Spinach and Sweetcorn	Long Grain Rice Green Beans and Carrots	Oven Chips, Peas / Baked Beans
DESSERT	Peach and Raspberry Frozen Yoghurt	Fruity Flapjacks	Cheese and Biscuits	Apple and Blueberry Crumble with Custard	Ice Cream Tubs
BREAD	Freshly Baked Bread	Greek Pitta Bread	Freshly Baked Bread	Naan Bread	Freshly Baked Bread
SALAD BAR	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection
FRIUT BAR	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt

Whitefriars Autumn Menu 2018 - Week 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 MEAT	Meat Free Monday	Chicken Sausages with Gravy	Lamb Shepherd's Pie	Chicken Korma	Battered Fish
OPTION 2 VEGETARIAN	Butternut Squash and Butter Bean Stew with Brown Rice	Vegetarian Bean Sausages with Gravy	Vegetarian Shepherd's Pie	Chickpea and Broccoli Korma	Mixed Pepper and Sweetcorn Pizza
OPTION 3	Jacket Potato with Cheese and Baked Beans	Stir Fry Noodles with Hoisin Sauce	Jacket Potato with Tuna Mayonnaise and Cheese	Pasta with Tomato and Sweetcorn	—
SIDE ORDERS	Pasta Primavera in Light Creamy Sauce Spinach and Sweetcorn	Peas and Carrots Mashed Potato	Cauliflower and Broccoli Steamed New Potatoes	Carrots and Green Beans Long Grain Rice	Oven Chips Peas / Baked Beans
DESSERT	Autumn Fruit Compote with Cream	Carrot Cake with Custard	Strawberry and Tangerine Jelly	Peach Melba	Ice Cream Tubs
BREAD	Freshly Baked Bread	Freshly Baked Wholegrain Bread	Freshly Baked Bread	Naan Bread	Freshly Baked Bread
SALAD BAR	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection
FRIUT BAR	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt

Whitefriars Autumn Menu 2018 - Week 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 MEAT	Meat Free Monday	Beef Lasagne	Lamb Keema Curry	Roasted Turkey with Gravy	Battered Fish
OPTION 2 VEGETARIAN	Quorn Chilli Con Carne with Wholegrain Rice	Mixed Vegetable Lasagne	Vegetarian Keema Curry with Peas and Potatoes	Roasted Quorn with Gravy	Mixed Pepper and Sweetcorn Pizza
OPTION 3	Jacket Potato with Baked Beans and Cheese	Baked Gnocchi with Cheese and Cherry Tomatoes	Jacket Potato with Tuna Mayonnaise and Cheese	Mixed Mediterranean Vegetable Pasta in Tomato Sauce	—
SIDE ORDERS	Macaroni Cheese Sweetcorn and Peas	Broccoli and Cauliflower	Long Grain Rice Spinach and Sweetcorn	Steamed New Potatoes Green Beans and Carrots	Chips Peas / Baked Beans
DESSERT	Pancake with Maple Syrup	Orange Cake with Cocoa Custard	Fruit Salad with Cream	Poached Pears with Custard	Ice Cream Tubs
BREAD	Freshly Baked Bread	Freshly Baked Italian Bread	Naan Bread	Freshly Baked Bread	Freshly Baked Bread
SALAD BAR	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection
FRIUT BAR	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt