

# Whitefriars Autumn Menu 2020 - Week 1 - 21st Sept, 12th Oct, 2nd Nov, 23rd Nov, 14th Dec

 	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OPTION 1 MEAT</b>	Meat Free Monday	French Style Navarin of Lamb Stew	Creamy Fish Pie with Puff Pastry	Chicken Tikka Masala	Battered Fish
<b>OPTION 2 VEGETARIAN</b>	Cauliflower and Chick Pea Curry with Wholegrain Rice	Vegan French Cassoulet with Butter Beans	Vegetarian Pie with Puff Pastry	Sweet Potato and Lentil Tikka Masala Curry	Mixed Pepper and Sweetcorn Pizza
<b>OPTION 3</b>	Jacket Potato with Baked Beans and Cheese	Vegetarian Paella	Jacket Potato with Tuna Mayonnaise and Cheese	Tomato and Cheese Pasta Bake	Oven Chips
<b>SIDE ORDERS</b>	Penne Pasta with Creamy Broccoli and Leeks Carrots and Peas	Dauphinoise Potatoes Broccoli and Cauliflower	Steamed New Potatoes Spinach and Sweetcorn	Long Grain Rice Green Beans and Carrots	Peas Low Sugar Baked Beans
<b>DESSERT</b>	Roasted Plums with Honey Greek Yoghurt	Apricot Shortbread Cake	Cheese and Biscuits	Apple and Blueberry Crumble with Custard	Ice Cream Tubs
<b>BREAD</b>	Freshly Baked Bread	French Baguette Bread	Freshly Baked Bread	Naan Bread	Freshly Baked Bread
<b>SALAD BAR</b>	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection
<b>FRIUT BAR</b>	Selection of Fresh Fruit and Fruit Flavoured Yoghurts	Selection of Fresh Fruit and Fruit Flavoured Yoghurts	Selection of Fresh Fruit and Fruit Flavoured Yoghurts	Selection of Fresh Fruit and Fruit Flavoured Yoghurts	Selection of Fresh Fruit and Fruit Flavoured Yoghurts

## Whitefriars Autumn Menu 2020 - Week 2 - 7th Sept, 28th Sept, 19th Oct, 9th Nov, 30th Nov

 	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OPTION 1 MEAT</b>	Meat Free Monday	Chicken Sausages with Gravy	Lancashire Hot Pot	Chicken Korma	Battered Fish
<b>OPTION 2 VEGETARIAN</b>	Ratatouille Stew with Puy Lentils and Wholegrain Rice	Quorn Sausages with Gravy	Vegetarian Lancashire Hot Pot	Chick Pea and Broccoli Korma	Mixed Pepper and Sweetcorn Pizza
<b>OPTION 3</b>	Jacket Potato with Cheese and Low Sugar Baked Beans	Stir Fry Noodles with Chow Mein Sauce	Jacket Potato with Tuna Mayonnaise and Cheese	Pasta with Tomato and Sweetcorn	Oven Chips
<b>SIDE ORDERS</b>	Penne Pasta in Spicy Tomato Sauce Spinach and Sweetcorn	Peas and Carrots Mashed Potato	Cauliflower and Broccoli Steamed New Potatoes	Green Beans and Carrots Long Grain Rice	Peas Low Sugar Baked Beans
<b>DESSERT</b>	Summer Fruit Compote with Cream	Pineapple Upside Down Cake with Custard	Strawberry and Tangerine Jelly	Peach Melba	Ice Cream Tubs
<b>BREAD</b>	Freshly Baked Bread	Freshly Baked Bread	Freshly Baked Bread	Naan Bread	Freshly Baked Bread
<b>SALAD BAR</b>	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection
<b>FRIUT BAR</b>	Selection of Fresh Fruit and Fruit Flavoured Yoghurts	Selection of Fresh Fruit and Fruit Flavoured Yoghurts	Selection of Fresh Fruit and Fruit Flavoured Yoghurts	Selection of Fresh Fruit and Fruit Flavoured Yoghurts	Selection of Fresh Fruit and Fruit Flavoured Yoghurts

## Whitefriars Autumn Menu 2020 - Week 3 - 14th Sept, 2nd Oct, 16th Nov, 7th Dec

 	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OPTION 1 MEAT</b>	Meat Free Monday	Beef Lasagne	Lamb Balti Curry	Roast Turkey with Gravy	Battered Fish
<b>OPTION 2 VEGETARIAN</b>	Italian Quorn Chicken in Rich Tomato Sauce with Wholegrain Rice	Mixed Vegetable Lasagne	Vegetarian Balti Curry with Peas and Potatoes	Roasted Quorn	Mixed Pepper and Sweetcorn Pizza
<b>OPTION 3</b>	Jacket Potato with Low Sugar 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	Oven Chips
<b>SIDE ORDERS</b>	Macaroni Cheese Sweetcorn and Peas	Broccoli and Cauliflower	Long Grain Rice Spinach and Sweetcorn	Steamed New Potatoes Green Beans and Carrots	Peas Low Sugar Baked Beans
<b>DESSERT</b>	Spiced Peach, Blackberry and Apricot Bake with Whipped Cream	Banana Cake with Cocoa Custard	Fruit Salad with Cream	Poached Pears with Cacao Custard	Ice Cream Tubs
<b>BREAD</b>	Freshly Baked Bread	Freshly Baked Italian Bread	Naan Bread	Freshly Baked Bread	Freshly Baked Bread
<b>SALAD BAR</b>	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection
<b>FRIUT BAR</b>	Selection of Fresh Fruit and Fruit Flavoured Yoghurts	Selection of Fresh Fruit and Fruit Flavoured Yoghurts	Selection of Fresh Fruit and Fruit Flavoured Yoghurts	Selection of Fresh Fruit and Fruit Flavoured Yoghurts	Selection of Fresh Fruit and Fruit Flavoured Yoghurts