



## AUTUMN MENU • WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Main ONE</b></p> <p>Spicy Chicken Rice Pot with Steamed Broccoli</p>	<p>Dartmoor Beef Lasagne with Garlic Bread and Salad</p>	<p>Honey Roast Gammon with Roast Potatoes, Seasonal Vegetables and Gravy</p>	<p>Mexican Pulled Brisket Chilli with Steamed Rice, Nachos, Guacamole and Sour Cream</p>	<p><b>CHIP SHOP DAY</b> Breaded Fish, Chicken Bites, Pork Sausage with Chips and Beans or Peas, Gravy and Curry Sauce</p>
<p><b>Main TWO</b></p> <p>Spanish Bean and Vegetable Stew with Seasonal Vegetables</p>	<p>Vegetable Soft Shell Tacos with Sweetcorn</p>	<p>Broccoli and Butternut Bake with Seasonal Vegetables and Gravy</p>	<p>Spanish Omlette with Mixed Leaf Salad and Nachos</p>	<p>Roasted Vegetable Chilli Loaded Chips with Peas</p>
<p><b>Pasta BAR</b></p> <p>Smokey Bacon Macaroni Cheese</p> <p>Tomato and Basil</p>	<p>Meatball in a Tomato Sauce</p> <p>Macaroni Cheese</p>	<p>Spicy Chorizo Cheesy Macaroni</p> <p>Pesto</p>	<p>Bolognese</p> <p>Cheesy Tomato and Vegetable</p>	<p>Cheesy Chicken and Pesto</p> <p>Roasted Vegetable and Tomato</p>

**Main ONE**

**Main TWO**

**Pasta BAR**

COLD DELI AND HOME BAKES Available daily

FRESHLY PREPARED SANDWICHES, BAGUETTES AND WRAPS Available daily

Boost your ENERGY WITH OUR WELL-BEING SALAD BAR

HOT PANINIS Made daily

Look out FOR OUR CHEFS SPECIALS

Meal Deal HAM, CHEESE OR TUNA MAYO WITH A PIECE OF FRUIT AND DESSERT OF THE DAY

We are pleased to offer a variety of allergen free options on our food menu. Although all food is prepared in a kitchen that handles most allergens and therefore we cannot guarantee that cross contamination will never occur, we do take every possible precaution to prevent this from happening.



## AUTUMN MENU • WEEK TWO

### MONDAY

**Chicken and Roasted Pepper Quesadilla with Spicy Rice and Peas**

**Ratatouille with Steamed Rice and Peas**

**Smokey Bacon Macaroni Cheese**

**Tomato and Basil**

### TUESDAY

**Dartmoor Beef Stew with Seasonal Vegetables and Crusty Roll**

**Vegetable Hot Pot with Seasonal Vegetables**

**Meatball in a Tomato Sauce**

**Macaroni Cheese**

### WEDNESDAY

**Sausages and Mashed Potato with Seasonal Vegetables and Gravy**

**Leek and Potato Bake with Seasonal Vegetables and Gravy**

**Spicy Chorizo Cheesy Macaroni**

**Pesto**

### THURSDAY

**Chicken Biryani with Minted Yoghurt and Tomato and Onion Salad**

**Roasted Cauliflower and Sweet Potato Curry with Steamed Rice and Naan Bread**

**Bolognese**

**Cheesy Tomato and Vegetable**

### FRIDAY

#### CHIP SHOP DAY

**Breaded Fish, Chicken Bites, Pork Sausage with Chips and Beans or Peas, Gravy and Curry Sauce**

**Vegetable Fajita Wrap with Chips and Beans or Peas**

**Cheesy Chicken and Pesto**

**Roasted Vegetable and Tomato**

**Main ONE**

**Main TWO**

**Pasta BAR**

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**FRESHLY PREPARED SANDWICHES, BAGUETTES AND WRAPS Available daily**

**Boost your ENERGY WITH OUR WELL-BEING SALAD BAR**

**HOT PANINIS Made daily**

**Look out FOR OUR CHEFS SPECIALS**

**Meal Deal HAM, CHEESE OR TUNA MAYO WITH A PIECE OF FRUIT AND DESSERT OF THE DAY**

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**AUTUMN MENU • WEEK THREE**

**MONDAY**

**CURRY DAY**

Beef Tikka Marsala or Thai Green Vegetable Curry with Naan Bread, Mango Chutney and Tomato and Onion Salad

Smokey Bacon Macaroni Cheese

Tomato and Basil

**TUESDAY**

Chicken, Bacon, Halloumi and Potato Hash and Green Salad

Falafel and Minted Yoghurt Wrap with Potato Wedges and Green Salad

Meatball in a Tomato Sauce

Macaroni Cheese

**WEDNESDAY**

Roast Pork with Roast Potatoes, Seasonal Vegetables and Gravy

Cauliflower and Broccoli Gratin with Roast Potatoes, Seasonal Vegetables and Gravy

Spicy Chorizo Cheesy Macaroni

Pesto

**THURSDAY**

Piri Piri Chicken Burger with Handcut Wedges and Mixed Leaf Salad

Black Bean and Mozzarella Quesadilla with Spicy Rice and Peas

Bolognese

Cheesy Tomato and Vegetable

**FRIDAY**

**CHIP SHOP DAY**

Breaded Fish, Chicken Bites, Pork Sausage with Chips and Beans or Peas, Gravy and Curry Sauce

Sweet Potato and Chickpea Burger with Chips and Beans or Peas

Cheesy Chicken and Pesto

Roasted Vegetable and Tomato

**Main ONE**

**Main TWO**

**Pasta BAR**

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