

Meat free Mondays	Tue 24 Sep	Wed 25 Sep	Thu 26 Sep	Fri 27 Sep
Red pepper risotto	Minced beef and onion pie	Chicken curry with rice	Lamb lasagne	Spicy Moroccan quorn with couscous
<i>Vegetarian</i>				
Quorn and aubergine bake	Quorn and onion pie	Vegetable curry with rice	Vegetable lasagne	Vegetable and noodle stir fry
<i>Daily</i>				
Seasonal vegetables Pasta dish Jacket potato with hot or cold filling Salad or fruit salad bar				

Meat free Mondays	Tue 1 Oct	Wed 2 Oct	Thu 3 Oct	Fri 4 Oct
		Lamb moussaka	Chicken, bean and spinach stew	Cheese and onion flan
<i>Vegetarian</i>				
		Leek and mushroom crumble	Quorn and bean stew	Spinach and mushroom tagliatelle
<i>Daily</i>				
Seasonal vegetables Pasta dish Jacket potato with hot or cold filling Salad or fruit salad bar				

Meat free Mondays	Tue 8 Oct	Wed 9 Oct	Thu 10 Oct	Fri 11 Oct
Mushroom savoury rice	Beef chilli with rice	Roast chicken leg, new potatoes	Lamb bolognaise	Breaded fish with sliced potatoes
<i>Vegetarian</i>				
Basil and tomato spaghetti	Quorn chilli with rice	Vegetable burger with new potatoes	Quorn bolognaise	Stuffed roasted peppers
<i>Daily</i>				
Seasonal vegetables Pasta dish Jacket potato with hot or cold filling Salad or fruit salad bar				