

WEEKLY MENU PLAN AUTUMN 2024 WEEK THREE

Monday	Tuesday	Wednesday	Thursday – Pie Day	Friday
Gammon steaks with Pineapple	Cajun Spiced Chicken breast	Potato topped creamy Fish Pie	Braised Beef & vegetable Pie	Chicken Nuggets
Root veg & mixed beans Hotpot	Potato, Cauliflower & Spinach Curry	Singapore Style Veg & Noodle Stir fry	Creamy Quorn & Leek Pie	Veggie Dippers
Parsley buttered potatoes Green Beans	Steamed Rice Sweetcorn	Steamed Broccoli	New Potatoes Carrots	Chips Peas
Jacket Potatoes OR Various Fresh Salads	Jacket Potatoes OR Various Fresh Salads	Jacket Potatoes OR Various Fresh Salads	Jacket Potatoes OR Various Fresh Salads	Jacket Potatoes OR Various Fresh Salads
Iced Sponge slice	Mango Mousse	Chocolate Chip Biscuit	Jam Doughnut	Fruity Eton Mess
	Root veg & mixed beans Hotpot Parsley buttered potatoes Green Beans Jacket Potatoes OR Various Fresh Salads	Gammon steaks with Pineapple Root veg & mixed beans Hotpot Parsley buttered potatoes Green Beans Jacket Potatoes OR Various Fresh Salads Cajun Spiced Chicken breast Potato, Cauliflower & Spinach Curry Steamed Rice Sweetcorn Jacket Potatoes OR Various Fresh Salads	Gammon steaks with Pineapple Root veg & mixed beans Hotpot Parsley buttered potatoes Green Beans Jacket Potatoes OR Various Fresh Salads Cajun Spiced Chicken breast Potato topped creamy Fish Pie Potato topped creamy Fish Pie Singapore Style Veg & Noodle Stir fry Steamed Rice Sweetcorn Steamed Broccoli Jacket Potatoes OR Various Fresh Salads Jacket Potatoes OR Various Fresh Salads	Gammon steaks with Pineapple Cajun Spiced Chicken breast Potato topped creamy Fish Pie Braised Beef & vegetable Pie Root veg & mixed beans Hotpot Spinach Curry Singapore Style Veg & Noodle Stir fry Pie Parsley buttered potatoes Green Beans Sweetcorn Green Beans Jacket Potatoes OR Various Fresh Salads Various Fresh Salads Various Fresh Salads Cajun Spiced Chicken Potato topped creamy Fish Pie Sraised Beef & vegetable Pie Braised Beef & vegetable Pie Creamy Quorn & Leek Pie Steamed Broccoli New Potatoes Carrots Steamed Broccoli Jacket Potatoes OR Various Fresh Salads