

# Menus

### Cook Serve Autumn Menu 1

Running w/c - 04/11, 25/11, 16/12, 20/01, 10/02, 10/03, 31/03

Monday	Tuesday	Wednesday	Thursday	Friday
All Day Breakfast	Chicken Tikka	Roast Gammon	Meatballs in Gravy	Fish Fingers 🧭
-	Masala with Rice	Carrots & Broccoli	with Mash	Chips
Vege All Day Breakfast	Peas & Sweetcorn	Roast Potatoes	Corn Cobettes	Baked Beans
	-	-	-	-
_	Vegetarian	Tomato Pasta bake	Vege Sausage	Cheese & Tomato Pizza
Fruit Waffles	Quiche	Carrots & Broccoli	with Mash, Gravy	Chips
_	Peas & Sweetcorn	-	Corn Cobettes	Baked Beans
Fresh Fruit Platter	Mash	Iced Buns	– Chocolate Vanilla	-
Yogurts	-	-	Shortbread & Custard	Chocolate Ice Cream Tub
	Drizzled Strawberry	Fresh Fruit Platter	-	-
	Sponge	Yogurts	Fresh Fruit Platter	Fresh Fruit Platter
	-		Yogurts	Yogurts
	Fresh Fruit Platter			-
	Yogurts			

Available Daily: Home Baked Bread, Seasonal Salads: Alternate Offer Baked Potato Bar or Packed Lunch



Seafood with this mark comes from an MSC certified sustainable fishery. <u>www.msc.org</u>

For more information on our menus please visit www.solihullcateringservices.co.uk



# Menus

### Cook Serve Autumn - Week 2

Running w/c - 11/11, 02/12, 06/01, 27/01, 24/02, 17/03, 07/04

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Lasagne with	Baked Sausages with	Roast Chicken &	Teriyaki Pork with Rice	Cod or Salmon Fish Stars 🧭
Garlic Slice	Diced Potatoes	Seasoning, New Potatoes	Trio of Winter Vegetable	Chips
Peas & Carrots	Green Beans &	Broccoli & Baton Carrots	Mix	Mushy or Garden Peas
-	Sweetcorn with Gravy	– Vege Mince	-	-
Vegan Sausage Roll	_	Cottage Pie	Macaroni Cheese	Cheese & Tomato Pizza
Peas & Carrots	Quorn Sweet Chilli	Broccoli & Baton Carrots	Trio of Winter Vegetable	Chips
Potato Wedges	Noodles	_	Mix	Mushy or Garden Peas
_	Green Beans & Sweetcorn	Fruit Flapjack	-	-
Strawberry Whirl	_	_	Chocolate Cracknell	Fruit Smoothie
_	Chocolate Orange	Fresh Fruit Platter	-	-
Fresh Fruit Platter	Shortbread	Yogurts	Fresh Fruit Platter	Fresh Fruit Platter
Yogurts	_	5	Yogurts	Yogurts
	Fresh Fruit Platter			
	Yogurts			

Available Daily: Home Baked Bread, Seasonal Salads: Alternate Offer Baked Potato Bar or Packed Lunch



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# Menus

#### Cook Serve Autumn - Menu Week 3

Running w/c - 18/11, 09/12, 13/01, 03/02, 03/03, 24/03

Sweet Chilli DipWith RiceRoast PotatoesHerb Diced PotatoesChips Baked BeansPotato WedgesVegetable MedleySavoy Cabbage & Roast ParsnipsGreen Beans & CarrotsCheese Whirls withQuorn RoastVegetarian Tikka MasalaCheese & To Chips Baked BeansMeat free Bolognaise & SpaghettiVegetable RiceRoast Potatoes Savoy Cabbage & RoastWith RiceCheese & To Chips Baked BeansPeas & SweetcornDinky Donuts withCinnamon Cake with CustardFruit SmoothieFruit compotChocolate Surprise CakeOrange SauceCustard	Tuesday	Friday
Fresh Fruit Platter Fresh Fruit Platter Yogurts Yogurts   Yogurts Yogurts Yogurts	cken Bite Sweet Chilli Chicke Dip With Rice Des Vegetable Medley Atcorn – Cheese Whirls with Vegetable Rice Vegetable Medley Atcorn – Dinky Donuts with urprise Cake Orange Sauce – atter Fresh Fruit Platter	Jumbo Fish Finger Chips Baked Beans Cheese & Tomato Pizza Chips Baked Beans - Vanilla Ice Cream with Fruit compote - Fresh Fruit Platter

Available Daily: Home Baked Bread, Seasonal Salads: Alternate Offer Baked Potato Bar or Packed Lunch



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