

AUTUMN MENU



CARGILFIELD

MONDAY

Pasta Day

Carbonara Sauce
Tomato Sauce
Garlic Bread

Pasta
Gluten Free Pasta

Selection of Vegetables
Carrot
Cucumber

Backed Jacket Potato
with Baked Bean

Selection of sandwiches
selection of fillings
Selection of Salads

Fresh Fruit
Homemade Cookies

TUESDAY

Soup of the Day with
bread & Croutons

Sausage & Gravy

Yorkshire Pudding
Cauliflower Bake
Vegetable Sausage
Toad in the hole

Mashed Potatoes
Garden Peas

Selection of Vegetables
Carrot
Cucumber

Selection of sandwiches
selection of fillings
Selection of Salads

Fresh Fruit
Chocolate Brownie

WEDNESDAY

Roast Turkey &
Cranberry Sauce
Roasted Vegetable
Bake
Gravy

Roast Potatoes

Selection of Vegetables
Carrot
Cucumber

Backed Jacket Potato
with Baked Beans

Selection of Sandwiches
selection of fillings
Selection of Salads

Fresh Fruit
Raspberry Jelly

THURSDAY

Soup of the Day with
bread & Croutons

Mexican Day

Beef Chilli
Vegetable & Bean Chilli

Nachos

Rice
Peruvian Slaw

Selection of Vegetables

Carrot
Cucumber

Selection of Sandwiches
selection of fillings
Selection of Salads

Fresh Fruit
Iced Sponge

FRIDAY

Fish in Batter
Gluten Free Fish in
batter
Fish Finger
Breaded Scampi

Chipped Potatoes
Garden Peas
Mushy Peas

Backed Jacket Potato
with Baked
Beans/Grated Cheese

Carrot
Cucumber

Selection of
Sandwiches
selection of fillings
Selection of Salads

Fresh Fruit
Choc Ices

A selection of salads , Sandwiched , Wrap & Baguettes will be available each day.



Lunch Week 1

AUTUMN MENU



CARGILFIELD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet & Sour Chicken Prawn Crackers	Soup of the Day with bread & Croutons	Chicken Katsu Curry	Soup of the Day with bread & croutons	Fish in Batter Gluten Free Fish Fish Finger Breaded Scampi
Vegetable Noodles	Pork Meatballs with tomato sauce	Vegetable Curry	<u>Pasta Day</u> Carbonara Sauce	Chipped Potatoes Garden Peas Mushy Peas
Rice	Vegetable Pasta Bake	Noodles	Tomato Sauce Pesto Sauce	
Selection of Vegetables	Pasta Gluten Free Pasta	Selection of Vegetables	Tagliatelle Pasta Garlic Bread	Backed Jacket Potato with Baked Beans
Backed Jacket Potato with Baked Beans	Selection of Vegetables	Carrot Cucumber	Selection of Vegetables	Carrot Cucumber
Selection of Sandwiches selection of fillings Selection of Salads	Carrot Cucumber	Backed Jacket Potato with Baked Beans	Carrot Cucumber	Selection of Sandwiches a selection of fillings Selection of Salads
Fresh Fruit Chocolate Crispy Cake	Selection of sandwiches a selection of fillings Selection of Salads	Selection of Sandwiches a selection of fillings Selection of Salads	Selection of sandwiches a selection of fillings Selection of Salads	Fresh Fruit Choc Ices
	Fresh Fruit Strawberry Mousse	Fresh Fruit Chocolate Sponge Cake & Custard Sauce	Fresh Fruit Raspberry Jelly	

A selection of salads , Sandwiched , Wrap & Baguettes will be available each day.



Lunch Week 2

AUTUMN MENU



CARGILFIELD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Chilli Tacos Vegetable Quesada	Soup of the Day with bread & croutons	Homemade (Chicken / lamb) Koftas Flat Bread	Soup of the Day with bread & croutons	Fish in Batter Gluten Free Fish Fish Finger Breaded Scampi
Rice	Pasta Day	Vegetable Cous Cous	Sweet Chilli Chicken	Chipped Potatoes Garden Peas Mushy Peas
Selection of Vegetables	Tomato Sauce Vegetable Lasagne Garlic Bread	Rice	Vegetable Sweet Chilli sauce	Backed Jacket Potato with Baked Beans
Carrot Cucumber	Pasta	Selection of Vegetables Carrot Cucumber	Noodles	Carrot Cucumber
Backed Jacket Potato with Baked Beans	Selection of Vegetables	Backed Jacket Potato with Baked Beans	Selection of Vegetables	Selection of Sandwiches with a selection of fillings Selection of Salads
Selection of sandwiches a selection of fillings Selection of Salads	Carrot Cucumber	Selection of Sandwiches with a selection of fillings Selection of Salads	Carrot Cucumber	Fresh Fruit Choc Ices
Fresh Fruit Chocolate Brownie	Selection of Salads	Fresh Fruit Raspberry Jelly	Selection of Sandwiches with a selection of fillings Selection of Salads	
	Fresh Fruit Flapjack		Fresh Fruit Selection of Desserts	

A selection of salads , Sandwiched , Wrap & Baguettes will be available each day.



Lunch Week 3

AUTUMN MENU



CARGILFIELD

MONDAY

Fruit Juice
Porridge

Grilled Bacon
Scrambled Egg
Mushrooms

Sliced Bread
Butter
Selection of Jam
Marmalade

Croissants

Cornflakes
Coco Pops
Rice Kipsies

Strawberry Yoghurt
Fresh Fruit
Mixed Fruit

TUESDAY

Fruit Juice
Porridge
Grilled Sausage
Poached Egg
Grilled Tomato

Sliced Bread
Butter
Selection of Jam
Marmalade

American Pancakes

Cornflakes
Coco Pops
Rice Kipsies

Strawberry Yoghurt
Fresh Fruit
Mixed Fruit

WEDNESDAY

Fruit Juice
Porridge
Grilled Bacon
Boiled Egg
Potato Scones

Sliced Bread
Butter
Selection of Jam
Marmalade

Croissants

Cornflakes
Coco Pops
Rice Kipsies

Strawberry Yoghurt
Fresh Fruit
Mixed Fruit

THURSDAY

Fruit Juice
Porridge
Eggy Bread
Grilled Sausage
Baked Beans

Sliced Bread
Butter
Selection of Jam
Marmalade

Chocolate Croissants

Cornflakes
Coco Pops
Rice Kipsies

Strawberry Yoghurt
Fresh Fruit
Mixed Fruit

FRIDAY

Fruit Juice
Porridge
Grilled Bacon
Poached Egg
Hash Browns

Sliced Bread
Butter
Selection of Jam
Marmalade

Sweet Waffles & Syrup

Cornflakes
Coco Pops
Rice Kipsies

Strawberry Yoghurt
Fresh Fruit
Mixed Fruit

AUTUMN MENU



CARGILFIELD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cajun Chicken Wrap	Pasta Day	BBQ pulled Pork with a Bun	Sweet Chili Chicken	
Vegetable Jambalaya	Tomato Sauce Cheese Sauce Garlic Bread	Vegetable Risotto	Vegetable Noodles	
Sauté Potatoes	Pasta	Herby Potatoes	Noodles	
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	
Selection of sandwiches with a selection of fillings	Baked Potatoes with a selection of fillings	Baked Potatoes with a selection of fillings	Baked Potatoes with a selection of fillings	
Selection of Salads	Selection of sandwiches with a selection of fillings	Selection of sandwiches with a selection of fillings	Selection of sandwiches with a selection of fillings	
Fresh Fruit	Selection of Salads	Selection of Salads	Selection of Salads	
Cargilfield Shortbread	Fruit Cheesecake	Jam Doughnuts	Chocolate Mousse	



AUTUMN MENU



CARGILFIELD

MONDAY

Selection of stone baked
Pizza
Vegetarian Pizza
Chipped Potatoes
Seasonal Vegetables
Baked Potatoes with a
selection of fillings
Selection of sandwiches
with a selection of
fillings
Selection of Salads
Fresh Fruit
Iced Sponge Cake

TUESDAY

Beef Sausage
Vegetable Stroganoff
Gravy
Yorkshire Pudding
Mashed Potatoes
Seasonal Vegetables
Baked Potatoes with a
selection of fillings
Selection of sandwiches
with a selection of
fillings
Selection of Salads
Fresh Fruit
Fruit Cheesecake

WEDNESDAY

Lamb Kofta served with
Flatbread & garlic Mayo
Farfel
Sauté Potatoes
Seasonal Vegetables
Baked Potatoes with a
selection of fillings
Selection of sandwiches
with a selection of
fillings
Selection of Salads
Fresh Fruit
Rocky Roads

THURSDAY

Beef Chilli
Vegetable Bean Chilli
Nachos
Rice
Seasonal Vegetables
Baked Potatoes with a
selection of fillings
Selection of sandwiches
with a selection of
fillings
Selection of Salads
Fresh Fruit
Cookies

FRIDAY



AUTUMN MENU



CARGILFIELD

MONDAY

Sausage Rolls
Vegetable Sausage Rolls
Potato Wedges

Seasonal Vegetables
Baked Potatoes with a selection of fillings
Selection of sandwiches with a selection of fillings
Selection of Salads

Fresh Fruit
Strawberry Mousse

TUESDAY

Chicken Curry
Vegetable Curry
Rice

Seasonal Vegetables
Baked Potatoes with a selection of fillings
Selection of sandwiches with a selection of fillings
Selection of Salads

Fresh Fruit
Cargilfield Shortbread

WEDNESDAY

Bolognaise
Vegetable Pasta Bake
Pasta
Gluten Free Pasta

Seasonal Vegetables
Baked Potatoes with a selection of fillings
Selection of sandwiches with a selection of fillings
Selection of Salads

Fresh Fruit
Fruit Cheesecake

THURSDAY

Cajun Chicken Wrap
Vegetable Chilli
Rice

Seasonal Vegetables
Baked Potatoes with a selection of fillings
Selection of sandwiches with a selection of fillings
Selection of Salads

Fresh Fruit
Lemon Sponge Cake

FRIDAY



AUTUMN MENU



CARGILFIELD

MONDAY

BLT Sandwich
Ham Sandwich
Cheese Sandwich
Cheese & Ham Sandwich

Mixed Salad
Chicken Salad
Egg Salad

TUESDAY

Chicken & Bacon
Sandwich
Ham Sandwich
Cheese Sandwich
Cheese & Ham
Sandwich

Mixed Salad
Tuna Salad
Mixed Bean & Cous
Cous Salad

WEDNESDAY

Tuna Mayonnaise
Sandwich
Ham Sandwich
Cheese Sandwich
Cheese & Ham
Sandwich

Mixed Salad
Chicken Mayonnaise
Salad
Pasta & Sundried
Tomato Salad

THURSDAY

BLT Sandwich
Ham Sandwich
Cheese Sandwich
Cheese & Ham
Sandwich

Mixed Salad
Ham Salad
Chick Pea & Sultana
Salad

FRIDAY

Egg Mayonnaise
Sandwich
Ham Sandwich
Cheese Sandwich
Cheese & Ham
Sandwich

Mixed Salad
Quiche Salad
Mozzarella Salad

