

# Munch Time Autumn Menu 2025

Week Beginning: 2/9/25(Tuesday); 22/9/25; 13/10/25

| WEEK ONE      | MONDAY                                | TUESDAY                      | WEDNESDAY                         | THURSDAY                                  | FRIDAY                                                       |
|---------------|---------------------------------------|------------------------------|-----------------------------------|-------------------------------------------|--------------------------------------------------------------|
| Main Meal     | Sausage Roll*                         | Fishcakes*                   | Beef Bolognese (GF, DF)           | Roast Chicken (GF, DF) & Stuffing (DF)    | “Brunch”*<br>(Sausage, Bacon)                                |
| Second Option | Lentil & Vegetable Pattie (GF, DF, V) | 3 Bean Casserole (GF, DF, V) | Quorn Bolognese (V)               | Vegetable Nuggets (DF, V)                 | “Brunch”<br>(Quorn Sausage, Plant Based alternative) (DF, V) |
| Sides         | Crisscross Potatoes and Sweetcorn     | Twister Potatoes* and Peas   | Spaghetti Pasta* and Garlic Bread | Roast Potatoes. Carrots, Broccoli & Gravy | Hash Brown* & Baked Beans                                    |
| Lite Bite     | Roll                                  | Wrap                         | Roll                              | Wrap                                      | Roll                                                         |
| Dessert       | Fruity Flapjack                       | Fakewell Tart*               | Chocolate Ice Cream Swirl*        | Ginger Shortie*                           | Rainbow Ice Lollies<br>(GF, DF, V)                           |

Week Beginning: 8/9/25; 29/9/25; 20/10/25

| WEEK TWO      | MONDAY                      | TUESDAY                          | WEDNESDAY                         | THURSDAY                       | FRIDAY                                     |
|---------------|-----------------------------|----------------------------------|-----------------------------------|--------------------------------|--------------------------------------------|
| Main Meal     | Cod/Salmon Bites* (DF)      | Shredded Chicken Pasta & Sauce   | Pork & Beef Meatballs*            | Chicken/Ham Carbonara          | Beef Burger* or Bacon<br>(GF, DF) in a Bap |
| Second Option | Quorn Bites (DF, V)         | Tomato & Basil Pasta (GF, DF, V) | Vegan Meatballs (DF, V)           | Vegetable Carbonara            | Quorn Burger (V)                           |
| Sides         | Skin-On Fries & Baked Beans | Garlic Bread & Green Beans       | Mashed Potato, Peas & Onion Gravy | Spaghetti Pasta & Garlic Bread | Hash Brown Puffs (GF, DF, V)               |
| Lite Bite     | Roll                        | Wrap                             | Roll                              | Wrap                           | Roll                                       |
| Dessert       | Jam Tart* & Cream           | Cookies*                         | Orange & Mango Iced Smoothie      | Fruit Jelly & Shortbread*      | Choc Ice*                                  |

Week Beginning: 15/9/25; 6/10/15;

| WEEK THREE    | MONDAY                             | TUESDAY                                        | WEDNESDAY       | THURSDAY                                    | FRIDAY                                |
|---------------|------------------------------------|------------------------------------------------|-----------------|---------------------------------------------|---------------------------------------|
| Main Menu     | Fish Finger* (DF)                  | Cheese/Tomato Pizza & Wholewheat Pasta (DF, V) | Lasagne         | Fish Fillet* (DF)                           | Butcher Pork Chipolata Sausages* (DF) |
| Second Option | Cheese Wheel (V)                   | Sweet & Sour Chicken, Wholegrain Rice (GF)     | Macaroni Cheese | Jacket Potato with Baked Beans (V) & Cheese | Quorn Sausages (GF, V)                |
| Sides         | Skin-On Wedges and Spaghetti Hoops | See above                                      | Cauliflower     | Chips & Baked Beans                         | Herby Cubed Potatoes & Baked Beans    |
| Lite Bite     | Roll                               | Wrap                                           | Roll            | Wrap                                        | Roll                                  |
| Dessert       | Devonshire Scones*                 | Vanilla Ice Cream Cup*                         | Carrot Cake*    | Iced Sultana Sponge*                        | Berry Iced Smoothie                   |

KEY CODE: GF = Gluten Free; DF = Dairy Free; V = Vegetarian; \* = GF alternative will be available

Various Salad Bar Items Available Every Day