

Autumn Lunch Menu 2019



Star Cuisine

Week 1 02/09/19, 23/09/19, 14/10/19, 04/11/19, 25/11/19, 16/12/19

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Pork Meatballs</p> <p>Quality pork meatballs created in our own home made tomato, fresh garlic & basil sauce. Served with farfalle pasta bows & seasonal vegetables</p>	<p>Mild Chicken Curry</p> <p>Diced chicken breast in a home made mild curry sauce. Served with mixed long grain rice & salad sticks</p>	<p>Roast Pork</p> <p>Roast loin of pork, served with home made roast potatoes, carrots, peas, Yorkshire pudding & rich gravy</p>	<p>Home Made Beef Lasagne</p> <p>Lasagne pasta sheets layered with our own special beef bolognese sauce, topped with béchamel & mild cheddar cheese. Served with fresh salad</p>	<p>Fish Cakes</p> <p>Flakes of salmon & potato, seasoned with parsley, all coated in golden bread crumbs. Served with seasoned potato wedges, baked beans & sweetcorn nibbles</p>
<p>Quorn Meatballs</p> <p>Quality quorn meatballs created in our own home made tomato, fresh garlic & basil sauce. Served with farfalle pasta bows & seasonal vegetables</p>	<p>Mild Vegetable Curry</p> <p>Green lentils, chick pea & butternut squash in our home made mild curry sauce. Served with mixed long grain rice & salad sticks</p>	<p>Vegetarian Sausages</p> <p>Quality vegetarian sausages served with home made roast potatoes, carrots, peas, Yorkshire pudding & vegetarian gravy</p>	<p>Home Made Quorn Lasagne</p> <p>Lasagne pasta sheets layered with our own special Quorn bolognese sauce, topped with béchamel & mild cheddar cheese. Served with fresh salad</p>	<p>Bean Cakes</p> <p>Mixed 5 bean salad with herbed potato & seasoning. Coated in golden bread crumbs. Freshly made by our chefs. Served with seasoned potato wedges, baked beans & sweetcorn nibbles</p>
<p>Chocolate Mousse</p> <p>Delicious creamy mousse</p>	<p>Fruit salad</p> <p>With yoghurt</p>	<p>Cornflake Cake</p> <p>With raisins & cocoa</p>	<p>Marble Sponge</p> <p>With fruit</p>	<p>Fruit Crumble</p> <p>With custard (optional)</p>



Strawberry yoghurt is available every day. Fresh fruit is available every day.
White & wholemeal bread is served with every meal.

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Week 2 09/09/19, 30/09/19, 21/10/19, 11/11/19, 02/12/19



Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<p>Italian Macaroni Cheese</p> <p>Short macaroni with peas, peppers and onions. A hint of garlic and mixed herb seasoning in a creamy béchamel sauce, topped with mild cheddar cheese. Served with salad sticks.</p>	<p>Spaghetti Bolognese</p> <p>Quality steak mince, fresh garlic, mixed diced peppers, mixed Italian herbs & chopped tomatoes to create our own special bolognese sauce. Served with long spaghetti pasta & salad</p>	<p>Roast Gammon</p> <p>Butchers gammon joint served with home made roast potatoes, carrots, peas, Yorkshire pudding & rich gravy</p>	<p>Italian Meatballs</p> <p>Quality Italian pork & beef meatballs created in our own home made tomato, fresh garlic & mixed herbs sauce. Served with pasta bows & vegetables</p>	<p>Chicken & Vegetable Casserole</p> <p>Chicken pieces and fresh vegetables in our home made tomato & gravy sauce. Served with rice and salad sticks</p>
<p>Vegetarian Pattie</p> <p>Mixed vegetable pattie in bread crumbs. Served with seasoned potato wedges, baked beans & sweetcorn nibbles</p>	<p>Spaghetti Quorn Bolognese</p> <p>Quality quorn mince, fresh garlic, mixed diced peppers, mixed Italian herbs & chopped tomatoes to create our own special bolognese sauce. Served with long spaghetti pasta & salad</p>	<p>Roast Quorn Joint</p> <p>Roast Quorn joint, served with home made roast potatoes, carrots, peas, Yorkshire pudding & vegetarian gravy</p>	<p>Homemade Ratatouille</p> <p>Mediterranean vegetables & lentils in fresh garlic, mixed herbs and tomato sauce, served with pasta bows & vegetables</p>	<p>Quorn & Vegetable Casserole</p> <p>Quorn pieces and fresh vegetables in our home made tomato & gravy sauce served with rice and salad sticks</p>
<p>Chocolate Mousse</p> <p>Delicious creamy mousse</p>	<p>Fruit salad</p>	<p>Flap jack with raisins</p> <p>Homemade and delicious</p>	<p>Fruit Jelly</p>	<p>Chocolate Fudge Brownies</p>



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Week 3 16/09/19, 07/10/19, 18/11/19, 09/12/19

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Fillet Cod Fish Fingers</p> <p>Coated in bread crumbs. Served with potato wedges, baked beans or sweetcorn</p>	<p>Macaroni Carbonara</p> <p>Macaroni in a cheesy béchamel sauce with bacon & mild cheddar. Served with salad sticks</p>	<p>Roast Chicken</p> <p>Roast chicken, served with home made roast potatoes, carrots, peas, Yorkshire pudding & chicken gravy</p>	<p>Beef Chilli</p> <p>Mild chilli mince, mixed peppers & baked beans. Served with mixed long grain rice & vegetables</p>	<p>Marinara Sausages</p> <p>Butchers special pork sausages in our home made fresh tomato sauce. Served with pasta bows and salad</p>
<p>Vegetable Fingers</p> <p>Served with potato wedges, baked beans or sweetcorn</p>	<p>Macaroni Quorn Carbonara</p> <p>Macaroni in a cheesy béchamel sauce with Quorn bacon & mild cheddar. Served with salad sticks</p>	<p>Vegetarian Pattie</p> <p>Mixed vegetable Pattie in bread crumbs, served with home made roast potatoes, carrots, peas, Yorkshire pudding & vegetarian gravy</p>	<p>Lentil Chilli</p> <p>Mild lentil chilli, mixed peppers & baked beans. Served with mixed long grain rice & vegetables</p>	<p>Marinara Quorn Sausages</p> <p>Quorn sausages in our home made fresh tomato sauce. Served with pasta bows and salad</p>
<p>Chocolate Mousse</p> <p>Delicious creamy mousse</p>	<p>Lemon Drizzle Cake</p> <p>With mandarins</p>	<p>Rice Crispy Cake</p> <p>With raisins</p>	<p>Fruit Jelly</p>	<p>Fruit Sponge</p>



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