

Orpington autumn/winter Menu

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal, fruit, yoghurt and toast	Selection of cereal, fruit, yoghurt and toast	Selection of cereal, fruit, yoghurt and toast	Selection of cereal, fruit, yoghurt and toast	Selection of cereal, fruit, yoghurt and toast
AM Snack	Fruit and bakery item	Fruit and bakery item	Fruit and bakery item	Fruit and bakery item	Fruit and bakery item
Lunch	Mac and cheese with broccoli	Cottage pie with carrots and peas	Vegetable biryani and rice	Fish fingers, chips and sweetcorn	Tomato pasta with hidden vegetables.
Vegetarian	Mac and cheese with broccoli	Quorn cottage pie with peas	Vegetable biryani and rice	Veggie fingers, chips and sweetcorn	Tomato pasta with hidden vegetables
Pudding	fruit	Chefs' special apple crumble	fruit	Rice pudding	Fruit
Tea	Pizza bagels	Ploughman's tea	Sausage rolls or vegetarian rolls	Soup of the day with crusty bread	Selections of freshly made sandwiches
Pudding	fruit	Fruit	fruit	fruit	Fruit

Please speak to a member of staff if you require any allergen information in line with our menus.

Orpington autumn/winter Menu

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal, fruit, yoghurt and toast	Selection of cereal, fruit, yoghurt and toast	Selection of cereal, fruit, yoghurt and toast	Selection of cereal, fruit, yoghurt and toast	Selection of cereal, fruit, yoghurt and toast
AM Snack	Fruit and bakery item	Fruit and bakery item	Fruit and bakery item	Fruit and bakery item	Fruit and bakery item
Lunch	Three bean chilli with rice	Mild jerk chicken with rice and peas	Ratatouille with cous cous	Sausages, mash and vegetables with onion gravy	Pesto pasta
Vegetarian	Three bean chilli with rice	Quorn jerk with rice and peas	Ratatouille with cous cous	Vegetarian sausages, mash and vegetables with onion gravy	Pesto pasta
Pudding	yoghurt	fruit	Pineapple upside down cake	fruit	Chocolate brownie cake
Tea	Cheese and tomato pastry wheels	Bagels with cream cheese	Jacket potato with filling of the day	Houmous, pitta and crudities	Variety of pinwheel wraps
Pudding	fruit	fruit	fruit	fruit	fruit

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Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal, fruit, yoghurt and toast	Selection of cereal, fruit, yoghurt and toast	Selection of cereal, fruit, yoghurt and toast	Selection of cereal, fruit, yoghurt and toast	Selection of cereal, fruit, yoghurt and toast
AM Snack	Fruit and bakery item	Fruit and bakery item	Fruit and bakery item	Fruit and bakery item	Fruit and bakery item
Lunch	Cheesy peasy pasta with garlic bread	Taco Tuesday	Roast of the week with trimmings	Sweet and sour chicken with noodles	Vegetable korma with rice
Vegetarian	Cheesy peasy pasta with garlic bread	Quorn Taco Tuesday	Quorn roast of the week with trimmings	Quorn sweet and sour pieces with noodles	Vegetable korma with rice
pudding	fruit	Chocolate crispy cakes	fruit	Cake and custard	fruit
Tea	Pitta pizzas with cucumber	Crackers with cheese and tomatoes	Spaghetti hoops on toast	Selection of freshly made sandwiches	Soup of the day with croutons
Pudding	fruit	fruit	fruit	fruit	fruit

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Orpington autumn/winter Menu

Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal, fruit, yoghurt and toast	Selection of cereal, fruit, yoghurt and toast	Selection of cereal, fruit, yoghurt and toast	Selection of cereal, fruit, yoghurt and toast	Selection of cereal, fruit, yoghurt and toast
AM Snack	Fruit and bakery item	Fruit and bakery item	Fruit and bakery item	Fruit and bakery item	Fruit and bakery item
Lunch	Cheese and tomato pasta	Sausage casserole	Chinese style curry	Chicken stew and dumplings	Spaghetti bolognaise
Vegetarian	Cheese and tomato pasta	Quorn sausage casserole	Chinese style curry	Quorn pieces with dumplings	Quorn bolognaise
pudding	Fruit and natural yoghurt	fruit	Cup cakes	fruit	Fruity flapjack
Tea	Ploughman's tea	Mini vegetables tarts	Cheesy beans on toast	Jacket potatoes with filling of the day	Cheesy scones with butter
Pudding	fruit	fruit	fruit	fruit	fruit

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