Brighton and Hove Autumn / Winter 3 Choice Menu		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Main	Macaroni Cheese	Chicken Fajitas with Jollof Rice	Roast Turkey with Roast Potatoes & Gravy	Farm Assured Beef Burger in a Bun with Homemade	MSC Fishfingers with Chips & Homemade Tomato Ketchup
30/10 20/11 11/12	Vegan	5 Bean Chilli with 50:50 Rice	Vegan Sausage with Mashed Potato & Gravy	Sweet Potato & Spinach Tart with Roast Potatoes	Wedges Veggie Bolognaise	Falafel with Chips & Homemade Tomato Ketchup
15/1 5/2	Jacket Potato	Baked Beans	Cheese	Tuna Mayonnaise	Baked Beans	Cheese
4/3	Vegetables	Carrots and Sweetcorn	Peas and Cauliflower	Cabbage and Carrots	Sweetcorn and Broccoli	Peas and Baked Beans
25/3	Dessert	Apple Flapjack (V) 🍈	Chocolate & Apple Sponge	Jelly (V) & Ice Cream	Peach & Carrot Cake with Custard	Vanilla Shortbread with Fruity Friday(V)
WEEK TWO	Main	Cheese & Tomato Pizza	Sausage Roll with Homemade Wedges	Roast Chicken with Roast Potatoes & Gravy	Spaghetti Bolognaise	Breaded Fish with Chips & Homemade Tomato Ketchup
6/11 27/11	Vegan	Lentil & Sweet Potato Curry with 50:50 Rice	Wholemeal Vegetable Pasta Bake with Vegan Cheese	Roast Quorn with Roast Potatoes & Gravy	Vegetable Bean Fajitas with Homemade Wedges	Vegan Sausages with Chips & Homemade Tomato Ketchup
1/1 22/1	Jacket Potato	Baked Beans	Cheese	Tuna Mayonnaise	Baked Beans	Cheese
19/2 11/3	Vegetables	Carrots and Sweetcorn	Peas and Cauliflower	Broccoli & Carrots	Grean Beans & Sweetcorn	Peas and Baked Beans
	Dessert	Cinnamon Cookie (V)	Lemon Cake	Jelly & Mandarins (V)	Cornflake Tart & Custard	Chocolate Orange Cookie with Fruity Friday (V)
WEEK THREE	Main	Pork Sausage with Mashed Potato & Gravy	Sticky Chicken Noodles	Roast Turkey with Roast Potatoes & Gravy	Cheese & Tomato Pizza	Salmon Fishfingers with Chips & Homemade Tomato Ketchup
13/11 4/12	Vegan	Veggie Cottage Pie	BBQ Quom with Jollof Rice	Crunchy Top Vegetable Bake with Roast Potatoes	Vegan Meatball Pasta Bake with Vegan Cheese	Mexican Bean Roll with Chips & Homemade Tomato Ketchup
8/1 29/1	Jacket Potato	Baked Beans	Cheese	Tuna Mayonnaise	Baked Beans	Cheese
26/2 18/3	Vegetables	Carrots and Peas	Cabbage and Sweetcorn	Cauliflower and Carrots	Sweetcorn and Broccoli	Peas and Baked Beans
	Dessert	Chocolate Shortbread (V)	Fruit Jelly (V)	Peaches (V) & Ice Cream	Fairtrade Banana Cake & Custard	Oaty Cookie () with Fruity Friday (V)
MENU KEY	MENU KEY  Wholemeal  (V) Vegan  If you would like to know about particular allergens in foods ask a member of the catering team for information. If your of ask a member of the catering team for information. If your of ask a member of the catering team for information. If your of ask a member of the catering team for information. If your of ask a member of the catering team for information. If your of ask a member of the catering team for information. If your of ask a member of the catering team for information. If you would like to know about particular allergens in foods ask a member of the catering team for information. If you would like to know about particular allergens in foods ask a member of the catering team for information. If you would like to know about particular allergens in foods ask a member of the catering team for information. If you would like to know about particular allergens in foods ask a member of the catering team for information. If you would like to know about particular allergens in foods ask a member of the catering team for information. If you would like to know about particular allergens in foods ask a member of the catering team for information. If you would like to know about particular allergens in foods ask a member of the catering team for information. If you would like to know about particular allergens in foods ask a member of the catering team for information. If you would like to know about particular allergens in foods ask a member of the catering team for information and the catering te					
preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.  Caterink						
***	***				***	feeding the imagination

