

Autumn MENU



MONDAY

Sweet Chilli Chicken
Prawn Crackers
Homemade Bhaji Burger
with tomato chutney
Rice
Sweetcorn
Oven Roasted
Vegetables

Carrot Pots
Cucumber Pots

Baked Jacket Potato
with Baked
Beans/Grated Cheese

Selection of sandwiches,
Wraps
baguettes with a
selection of fillings
Selection of Salads

Fruit Pots/Yogurt Pots
Chocolate Brownie

TUESDAY

Soup
Carrot & Tomato Soup
with fresh bread

Roast Turkey &
Cranberry Sauce
Roast Chicken
Vegetable toad in a
Hole
Yorkshire Pudding
Roasted Potatoes
Green Beans
Roasted Root
Vegetables

Carrot Pots
Cucumber Pots
Selection of
sandwiches, Wraps
baguettes with a
selection of fillings
Selection of Salads

Fruit Pots/Yogurt Pots
Baked Rice Pudding

WEDNESDAY

Spaghetti Bolognese

Sundried Tomato
penne pasta
Garlic Bread

Spaghetti
Sweetcorn
Roasted Vegetables
Carrot Pots
Cucumber Pots

Baked Jacket Potato
with Baked
Beans/Grated Cheese

Selection of
Sandwiches, Wraps
Baguettes with a
selection of fillings
Selection of Salads

Fruit Pots/Yogurt Pots
Raspberry Jelly

THURSDAY

Lentil Soup with fresh
bread
Chicken Katsu Curry
Vegetable & sweet
potato Curry with
mango chutney

Noodles
Peas & Carrots
Oven Roasted
Vegetables

Carrot Pots
Cucumber Pots

Selection of
Sandwiches, Wraps
Baguettes with a
selection of fillings
Selection of Salads

Fruit Pots/Yogurt Pots
Sponge Pudding &
Custard Sauce

FRIDAY

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

Chipped Potatoes
Garden Peas
Mushy Peas

Baked Jacket Potato
with Baked
Beans/Grated Cheese

Carrot Pots
Cucumber Pots

Selection of
Sandwiches, Wraps
Baguettes with a
selection of fillings
Selection of Salads

Fruit Pots/Yogurt Pots
Choc Ices

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



Lunch Week 1

Autumn MENU



CARGILFIELD

MONDAY

Stone baked Pizza with a selection of toppings
Gluten Free Pizza

Potato Wedges
Corn on the Cob

Carrot Pots
Cucumber Pots

Backed Jacket Potato with Baked Beans/Grated Cheese

Selection of Sandwiches, Wraps
Baguettes with a selection of fillings
Selection of Salads

Fruit Pots/Yogurt Pots
Fruit Jelly

TUESDAY

Soup

Soup of the Day

Pork Meatballs in a tomato Sauce
Gluten Free Meatballs
Roasted Vegetable bake

Spaghetti
Selection of Vegetables

Carrot Pots
Cucumber Pots

Selection of sandwiches, Wraps
baguettes with a selection of fillings
Selection of Salads

Fruit Pots/Yogurt Pots
Strawberry Mousse

WEDNESDAY

Chicken Tacos
Vegetable Quesadilla
Peruvian Slaw

Rice
Garden Peas

Carrot Pots
Cucumber Pots

Backed Jacket Potato with Baked Beans/Grated Cheese

Selection of Sandwiches, Wraps
Baguettes with a selection of fillings
Selection of Salads

Fruit Pots/Yogurt Pots
Selection of Yoghurt and toppings

THURSDAY

Soup

Soup of the Day

Roast Chicken
Roasted Chicken Legs
Roasted Vegetable
Quiche
Roasted Potatoes
Carrots / Peas

Carrot Pots
Cucumber Pots

Selection of sandwiches, Wraps
baguettes with a selection of fillings
Selection of Salads

Fruit Pots/Yogurt Pots
Sweet Waffles With
Chocolate Sauce

FRIDAY

Fish in Batter
Gluten Free Fish
Fish Finger
Breaded Scampi

Chipped Potatoes
Garden Peas
Mushy Peas

Backed Jacket Potato with Baked Beans/Grated Cheese

Carrot Pots
Cucumber Pots

Selection of Sandwiches, Wraps
Baguettes with a selection of fillings
Selection of Salads

Fruit Pots/Yogurt Pots
Choc Ices

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



Lunch Week 2

Autumn MENU



CARGILFIELD

MONDAY

Mini Sausage Casserole
Yorkshire Puddings

Cheesy Pasta

Mashed Potatoes
Roasted Vegetables

Carrot Pots
Cucumber Pots

Backed Jacket Potato
with Baked
Beans/Grated Cheese

Selection of sandwiches,
Wraps
baguettes with a
selection of fillings
Selection of Salads

Fruit Pots/Yogurt Pots
Chocolate Sponge Cake

TUESDAY

Soup
Lentil Soup with fresh
bread

Chicken Fajita
Guacamole, Sour Cream
& Salsa
Five Bean Chilli

Rice
Green Beans

Carrot Pots
Cucumber Pots

Selection of
sandwiches, Wraps
baguettes with a
selection of fillings
Selection of Salads

Fruit Pots/Yogurt Pots
Strawberry Jelly

WEDNESDAY

Lasagne
Bolognaise
Garlic Bread
Tomato Sauce

Pasta
Green Beans
Carrot Pots
Cucumber Pots

Backed Jacket Potato
with Baked
Beans/Grated Cheese

Selection of
Sandwiches, Wraps
Baguettes with a
selection of fillings
Selection of Salads

Fruit Pots/Yogurt Pots
Flap Jack Traybake

THURSDAY

Chicken Noodle Soup
With bread

Chicken Noodles
Stir fry vegetable
noodles
Vegetable Spring Rolls

Noodles
Rice
Roasted Vegetables

Carrot Pots
Cucumber Pots

Selection of
Sandwiches, Wraps
Baguettes with a
selection of fillings
Selection of Salads

Fruit Pots/Yogurt Pots
Strawberry Mousse

FRIDAY

Fish in Batter
Gluten Free Fish
Fish Finger
Breaded Scampi

Chipped Potatoes
Garden Peas
Mushy Peas

Backed Jacket Potato
with Baked
Beans/Grated Cheese

Carrot Pots
Cucumber Pots

Selection of
Sandwiches, Wraps
Baguettes with a
selection of fillings
Selection of Salads

Fruit Pots/Yogurt Pots
Choc Ices

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



Lunch Week 3

Autumn MENU



CARGILFIELD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Grilled Bacon Scrambled Egg Mushrooms	Grilled Sausage Poached Egg Grilled Tomato	Grilled Bacon Boiled Egg Potato Scones	Eggy Bread Grilled Sausage Baked Beans	Grilled Bacon Poached Egg Hash Browns
Sliced Bread Butter Selection of Jam Marmalade	Sliced Bread Butter Selection of Jam Marmalade	Sliced Bread Butter Selection of Jam Marmalade	Sliced Bread Butter Selection of Jam Marmalade	Sliced Bread Butter Selection of Jam Marmalade
Croissants	American Pancakes	Croissants	Chocolate Croissants	Sweet Waffles & Syrup
Cornflakes Coco Pops Rice Kipsies	Cornflakes Coco Pops Rice Kipsies	Cornflakes Coco Pops Rice Kipsies	Cornflakes Coco Pops Rice Kipsies	Cornflakes Coco Pops Rice Kipsies
Strawberry Yoghurt Fresh Fruit Mixed Fruit	Strawberry Yoghurt Fresh Fruit Mixed Fruit	Strawberry Yoghurt Fresh Fruit Mixed Fruit	Strawberry Yoghurt Fresh Fruit Mixed Fruit	Strawberry Yoghurt Fresh Fruit Mixed Fruit

Autumn MENU



CARGILFIELD

MONDAY

Lamb Kofta Kebabs with
minted Dressing
Houmas & Roasted
Vegetable Flatbread
Vegetable Falafel
Sauté Potatoes
Roasted Vegetables

Baked Potatoes with a
selection of fillings
Selection of sandwiches,
Wraps
baguettes with a
selection of fillings
Selection of Salads

Fresh Fruit Pot
Cargilfield Shortbread

TUESDAY

Southern fried Chicken
Goujons
Sweet Potato Brakas
with sticky tomato
sauce
Baked Potatoes

Mixed Vegetables

Baked Potatoes with a
selection of fillings

Selection of
sandwiches, Wraps
baguettes with a
selection of fillings
Selection of Salads

Fruit Cheesecake

WEDNESDAY

Stone Baked Pizza with
a selection of toppings

Vegetable Pizza

Herb Potatoes

Baked Potatoes with a
selection of fillings

Selection of
sandwiches, Wraps
baguettes with a
selection of fillings
Selection of Salads

Jam Doughnuts

THURSDAY

Beef Enchilada
Vegetable Chilli
Burrito's

Rice
Green Beans

Baked Potatoes with a
selection of fillings

Selection of
sandwiches, Wraps
baguettes with a
selection of fillings
Selection of Salads

Chocolate Mousse

FRIDAY

Lamb Keema Kaathi Roll

Vegetable Kaathi Roll

Bombay Potatoes

Onion & Spinach Bhaji

Baked Potatoes with a
selection of fillings

Selection of
sandwiches, Wraps
baguettes with a
selection of fillings
Selection of Salads

Sweet Waffles & Toffee
Sauce



Autumn MENU



CARGILFIELD

MONDAY

Bolognaise
Macaroni Cheese
Garlic Bread

Penne Pasta

Sweetcorn

Baked Potatoes with a
selection of fillings
Selection of sandwiches,
Wraps
baguettes with a
selection of fillings
Selection of Salads

Fresh Fruit Pot
Jam Sponge Custard

TUESDAY

Chicken Korma
Pompoms
Sweet Potato & Spinach
Curry
Rice

Baked Potatoes with a
selection of fillings
Selection of
sandwiches, Wraps
baguettes with a
selection of fillings
Selection of Salads

Fresh Fruit Pot
Chocolate Profiteroles

WEDNESDAY

BBQ Pulled Pork with
Brioche Bun

Sriracha Roasted
Vegetable Taco
Tiger Fries

Seasoned Stealth &
Sweet Potato Fries

Garden Peas
Baked Potatoes with a
selection of fillings
Selection of
sandwiches, Wraps
baguettes with a
selection of fillings
Selection of Salads

Fresh Fruit Pot
Rocky Roads

THURSDAY

Sausage Rolls
Vegetable Tagine
Herby Potatoes
Roasted Vegetables

Baked Potatoes with a
selection of fillings
Selection of
sandwiches, Wraps
baguettes with a
selection of fillings
Selection of Salads

Fresh Fruit Pot
Cookies

FRIDAY

Chili Tacos
Vegetable Chili Tacos

Nachos
Sour Cream/Salsa

Braised Rice
Baked Potatoes with a
selection of fillings
Selection of
sandwiches, Wraps
baguettes with a
selection of fillings
Selection of Salads

Fresh Fruit Pot
Fruit Meringue



Autumn MENU



CARGILFIELD

MONDAY

Meatballs with a Tomato
Sauce
Macaroni Cheese
Vegetable Risotto

Pasta

Green Beans

Baked Potatoes with a
selection of fillings
Selection of sandwiches,
Wraps
baguettes with a
selection of fillings
Selection of Salads

Fresh Fruit Pot
Chocolate Profiterole

TUESDAY

Roast Pork & Apple
Sauce
Ratatouille

Roast Potatoes
Garden Peas

Baked Potatoes with a
selection of fillings
Selection of sandwiches,
Wraps
baguettes with a
selection of fillings
Selection of Salads

Fresh Fruit Pot
Cargilfield Shortbread

WEDNESDAY

Hot Dogs with a brioche
Bun

Sauté onions, sliced
cheese
Quorn Hot dog with a
Brioche Bin

Herby Potatoes

Baked Potatoes with a
selection of fillings
Selection of sandwiches,
Wraps
baguettes with a
selection of fillings
Selection of Salads

Fresh Fruit Pot
Fruit Cheesecake

THURSDAY

Bolognaise

Vegetable Pesto Pasta
Bake
Garlic Bread

Pasta
Sweetcorn

Baked Potatoes with a
selection of fillings
Selection of sandwiches,
Wraps
baguettes with a
selection of fillings
Selection of Salads

Fresh Fruit Pot
Jam Sponge Custard

FRIDAY

Mexican Chicken Burrito
Cajun Vegetable & Bean
Burrito

Mexican Rice
Garden Peas

Baked Potatoes with a
selection of fillings
Selection of sandwiches,
Wraps
baguettes with a
selection of fillings
Selection of Salads

Fresh Fruit Pot
Jam Doughnuts



Autumn MENU



CARGILFIELD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLT Sandwich	Chicken & Bacon Sandwich	Tuna Mayonnaise Sandwich	BLT Sandwich	Egg Mayonnaise Sandwich
Ham Sandwich	Ham Sandwich	Ham Sandwich	Ham Sandwich	Ham Sandwich
Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich
Cheese & Ham Sandwich	Cheese & Ham Sandwich	Cheese & Ham Sandwich	Cheese & Ham Sandwich	Cheese & Ham Sandwich
Ham Baguette	Ham Baguette	Ham Baguette	Ham Baguette	Ham Baguette
Cheese Baguette	Cheese Baguette	Cheese Baguette	Cheese Baguette	Cheese Baguette
Cheese & Ham Baguette	Cheese & Ham Baguette	Cheese & Ham Baguette	Cheese & Ham Baguette	Cheese & Ham Baguette
BLT Baguette	Chicken & Bacon Baguette	Tuna Mayonnaise Baguette	BLT Baguette	Egg Mayonnaise Baguette
Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad
Chicken Salad	Tuna Salad	Chicken Mayonnaise Salad	Ham Salad	Quiche Salad
Egg Salad	Mixed Bean & Cous Cous Salad	Pasta & Sundried Tomato Salad	Chick Pea & Sultana Salad	Mozzarella Salad

