

# WEEK 1

WEEK'S STARTING:  
4th Sep, 25th Sep,  
16th Oct, 6th Nov,  
27th Nov, 18th Dec

# WEEK 2

WEEK'S STARTING:  
11th Sep, 2nd Oct,  
23rd Oct, 13th Nov,  
4th Dec

# WEEK 3

WEEK'S STARTING:  
28th Aug, 18th Sep,  
9th Oct, 30th Oct,  
20th Nov, 11th Dec

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DINNER  
TIMES

AUTUMN MENU

NORTHAMPTON POD

2017

- Turkey Bolognese
- Quorn Bolognese ✓
- Plain Omelette ✓
- Jacket Potato & Tuna Filling
- Pasta •Sweetcorn •Garden Peas
- Salad Bar •Wholemeal Sliced Bread
- Yoghurt •Fresh Fruit

- Roast Chicken & Gravy
- Margherita Pizza ✓
- Chicken Mayonnaise Wrap
- Jacket Potato with Baked Beans ✓
- New Potatoes •Baton Carrots
- Broccoli •Salad Bar
- Wholemeal Sliced Bread
- Marbled Tray Bake •Yoghurt •Fresh Fruit

- Beefburger in a Bun
- Crumbled Vegetable Burger in a Bun ✓
- Plain Omelette ✓
- Jacket Potato with Coleslaw ✓
- Jacket Potato Wedges •Spaghetti Hoops
- Salad Bar •Wholemeal Sliced Bread
- Yoghurt •Fresh Fruit

- Chicken Korma & Rice
- Vegetable Curry & Rice ✓
- Tuna & Salad Wrap
- Jacket Potato with Cheese ✓
- Carrot, Green Beans & Sweetcorn Medley
- Rice •Salad Bar
- Wholemeal Sliced Bread
- Jelly & Fruit Cocktail
- Yoghurt •Fresh Fruit

- Fish Fingers
- Vegetable Ravioli & Tomato Sauce ✓
- Jacket Potato with Salmon Filling
- Plain Omelette ✓
- Chips •Garden Peas •Baked Beans
- Salad Bar •Tomato Ketchup
- Wholemeal Sliced Bread
- Yoghurt •Fresh Fruit

- Turkey Meatballs in Gravy
- Pasta in Pomodoro Sauce ✓
- Jacket Potato with Tuna Filling
- Cheese Omelette ✓
- Pasta •Rice •Baton Carrots •Cabbage
- Salad Bar •Wholemeal Sliced Bread
- Yoghurt •Fresh Fruit

- Cottage Pie & Gravy
- Veggie Cottage Pie & Gravy ✓
- Minced Beef Filled Jacket Potato
- Cheese wrap ✓
- Mashed Potatoes •Broccoli
- Cauliflower •Salad Bar
- Wholemeal Sliced Bread
- Apple Crumble & Custard
- Yoghurt •Fresh Fruit

- Pizza Margherita ✓
- Roast Chicken & Gravy
- Jacket Potato with Cheese ✓
- Plain Omelette ✓
- Roast Potatoes •Green Beans •Baton Carrots
- Salad Bar •Wholemeal Sliced Bread
- Yoghurt •Fresh Fruit

- Sausage in a Roll
- Veggie Sausage in a Roll ✓
- Jacket Potato with Baked Beans ✓
- Chicken Mayonnaise Wrap
- Jacket Potato Half •Baked Beans
- Baby Corn on the Cob •Salad Bar
- Wholemeal Sliced Bread
- Raisin Sponge Tray Bake
- Yoghurt •Fresh Fruit

- Fish Burger
- Macaroni Cheese ✓
- Plain Omelette ✓
- Jacket Potato with Coleslaw ✓
- Chips •Baked Beans •Garden Peas
- Salad Bar •Tomato Ketchup
- Wholemeal Sliced Bread
- Yoghurt •Fresh Fruit

- Chicken and Sweetcorn Pasta
- Baked Bean & Potato Pie ✓
- Plain Omelette ✓
- Jacket Potato & Tuna Filling
- Pasta •Garden Peas •Baton, Carrots
- Salad Bar •Wholemeal Sliced Bread
- Yoghurt •Fresh Fruit

- Baked Sausage & Gravy
- Veggie Bangers & Gravy ✓
- Cheese Wrap ✓
- Jacket Potato with Coleslaw ✓
- Mashed Potatoes •Green Beans
- Cauliflower •Salad Bar
- Wholemeal Sliced Bread
- Vanilla Tray Bake
- Yoghurt •Fresh Fruit

- Savoury Minced Beef
- Veggie Mince & Yorkshire Pudding ✓
- Plain Omelette ✓
- Jacket Potato with Tuna Filling
- New Potatoes •Rice •Green Cabbage
- Sweetcorn •Yorkshire Pudding
- Salad Bar •Wholemeal Sliced Bread
- Yoghurt •Fresh Fruit

- Margherita Pizza ✓
- Roast Chicken & Gravy
- Cheese Wrap ✓
- Plain Omelette ✓
- Carrot, Green Beans & Sweetcorn Medley
- Roast Potatoes •Salad Bar
- Wholemeal Sliced Bread
- Ice Cream & Sprinkles
- Yoghurt •Fresh Fruit

- Fish Fingers
- Crumbled Vegetable Burger in a Bun ✓
- Plain Omelette ✓
- Jacket Potato with Baked Beans ✓
- Chips •Baked Beans •Garden Peas
- Salad Bar •Tomato Ketchup
- Wholemeal Sliced Bread
- Yoghurt •Fresh Fruit

NB: Some meals may contain allergens - please check online for the full recipe information

✓ Vegetarian