

**Lime Trust Autumn/Winter MENU 2023**

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Main	Italian beef Bolognese in a Tomato, Celery & Carrot Sauce	Chicken, lentil & Butternut Curry	Pork Sausage Toad in the Hole	Pepperoni & Roasted Vegetable Pizza	Battered Pollock Quarter Pounder With Chopped Salad
Vegetarian	Plant Based Vegan Balls Bolognese	Goan Quorn Curry	Quorn Sausage Toad in the Hole	Roasted Vegetable Pizza	Spicy Bean Burger with Chopped Salad
Alternative	Fish Fingers	Jacket Potato with Cheese & Beans	Cheese Sandwich	Jacket Potato & Tuna	Sausage roll
Accompaniments	Wholewheat Pasta Broccoli Salad Bar	Wholegrain Rice Green Beans Salad Bar	Roasted New Potatoes, Cauliflower & Carrots Salad Bar	Spicy Wedges Baked Beans Salad Bar	Chips Peas Salad Bar
Dessert	Fruit Smoothie Fruit Yoghurt Fresh Fruit Biscuit	Banana & Sultana Muffin & Custard Fruit Yoghurt Fresh Fruit Biscuit	Angel Delight Fruit Yoghurt Fresh Fruit Biscuit	Pineapple Upside down Cake & Custard Fruit Yoghurt Fresh Fruit Biscuit	Fudge Tart Fruit Yoghurt Fresh Fruit Biscuit

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken & Broccoli Pasta Bake	Beef & Red Lentil Lasagne	Roast Chicken with Yorkshire Pudding & Stuffing	Pepperoni & Cheese Quesadilla	Battered Fish Fillet
Vegetarian	Broccoli & Cheese Pasta Bake	Vegetable & Lentil Lasagne	Quorn Sausage with Yorkshire Pudding & Stuffing	Cheese & Tomato Quesadilla	Roasted Courgette, Tomato & Cheese Frittata
Fish	Salmon & Sweet Potato Fishcake & wedges	Jacket Potato with Cheese & Beans	Ham Sandwich	Jacket Potato with Tuna Mayonnaise	Vegan Sausageroll
Accompaniments	Granary Bread Sweetcorn Salad Bar	Freshly Bake Wholemeal Bread Peas & Carrots Salad Bar	Roasted New Potatoes Mixed Vegetables Salad Bar	Spicy Wedges Baked Beans Salad Bar	Chips Peas Salad Bar
Dessert	Oaty Fruit Crunch & Custard Fruit Yoghurt Fresh Fruit Biscuit	Rice Pudding & Peaches Fruit Yoghurt Fresh Fruit Biscuit	Apple & Banana Cake with Natural Yoghurt Fruit Yoghurt Fresh Fruit Biscuit	Cocoa & Beetroot Brownie Fruit Yoghurt Fresh Fruit Biscuit	Pear Sponge & Custard Fruit Yoghurt Fresh Fruit Biscuit

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Spicy Beef & Vegetable Cottage Pie	Spicy Cajun Chicken, Mushroom & Pepper Wrap	Roast Chicken with Yorkshire Pudding & Stuffing	Ham & Pineapple Pizza	Battered Fish Fillet
Vegetarian	Freshly Baked Vegetarian Pastries	Mexican Quorn & Bean Chilli	Quorn Sausage with Yorkshire Pudding & Stuffing	Cheese & Tomato Pizza	Moroccan Falafel & Chopped Salad Wrap
Alternative	Fish Fingers	Jacket Potato Cheese & Beans	Egg Mayo Sandwich	Jacket Potato with Tuna Mayonnaise	Sausageroll
Accompaniments	Mashed Potato Mixed Vegetables Salad Bar	Savory Rice Sweetcorn Salad Bar	Roasted New Potatoes Peas & Carrots Salad Bar	Seasoned Wedges Baked Beans Salad Bar	Chips Peas Salad Bar
Dessert	Oaty Apple Crumble & Custard Fruit Yoghurt Fresh Fruit Biscuit	Rhubarb & Custard Cake Fruit Yoghurt Fresh Fruit Biscuit	Butter Iced Banana Bread Fruit Yoghurt Fresh Fruit Biscuit	Lemon Cake & Custard Fruit Yoghurt Fresh Fruit Biscuit	Apple Flapjack Fruit Yoghurt Fresh Fruit Biscuit