

# Steamplicity Autumn Winter 2019 Menu

## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<b>Beef Pasta Bolognese</b> <i>Penne pasta in a traditional beef sauce</i>	<b>Chicken Korma &amp; Rice</b> <i>Diced chicken in a mild sauce with wholegrain Rice</i> **	<b>Roast Ham in Gravy with Roast Potatoes</b> <i>Sliced ham in gravy</i>	<b>Cheese &amp; Tomato Pasta v</b> <i>Cheese sauce and tomatoes with penne pasta</i>	<b>Fish &amp; Chips</b> <i>Traditional battered fish fillet</i>
Alternative Dish	<b>Bean, Potato &amp; Lentil Hotpot vg</b> <i>Served in a rich tomato sauce with diced potatoes</i>	<b>Cheese &amp; Sweetcorn Pasta v</b> <i>Cheese sauce sweetcorn &amp; broccoli</i>	<b>Quorn Sausage in Gravy with Roast Potatoes v</b> <i>Vegetarian sausage in vegetarian gravy</i>	<b>Butternut Squash &amp; Chickpea Curry &amp; Rice vg</b> <i>Chunky vegetables in a mild korma sauce</i>	<b>Quorn Burger in a Bun &amp; Chips v</b> <i>Quorn pattie in a bun with optional ketchup</i>
Jacket Potato	<b>Jacket Potato with Cheese v</b>	<b>Jacket Potato with Baked Beans v</b>	<b>Jacket Potato with Cheese v</b>	<b>Jacket Potato with Tuna Mayo</b>	<b>Jacket Potato with Cheese v</b>
Vegetables	<b>Garden Peas Salad</b>	<b>Green Beans Salad</b>	<b>Seasonal Vegetables</b>	<b>Mini Mixed Vegetables Salad</b>	<b>Garden Peas Salad</b>
Desserts	<b>Honeydew Melon Slices *</b> OR <b>Fruit Salad *</b>	<b>Yoghurt &amp; Granola</b> OR <b>Fruit Salad *</b>	<b>Cranberry Shortbread</b> OR <b>Fruit Salad *</b>	<b>Yoghurt &amp; Fruit Slices</b> OR <b>Fruit Salad *</b>	<b>Mandarin Marble Sponge Cake</b> OR <b>Fruit Salad *</b>

Cool Water, Milk, Freshly Baked Bread and Salad available daily





# Steamplicity Autumn Winter 2019 Menu

## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<b>Macaroni Cheese v</b> <i>Traditional cheese sauce with macaroni</i>	<b>Sausage, Mash &amp; Gravy</b> <i>Pork &amp; beef sausages in gravy with mashed potato</i>	<b>Roast Chicken in Gravy with Roast Potatoes</b> <i>Whole chicken breast in gravy</i>	<b>Cheese &amp; Tomato Pizza v</b> <i>Deep pan pizza with a cheese &amp; tomato topping</i>	<b>Fish &amp; Chips</b> <i>Traditional battered fish fillet</i>
Alternative Dish	<b>Salmon Paella ***</b> <i>Diced salmon in a vegetable wholegrain rice paella **</i>	<b>Veggie Pasta Bolognese v</b> <i>Penne pasta with a vegetarian bolognese sauce</i>	<b>Quorn Balls in Gravy &amp; Roast Potatoes v</b> <i>Quorn balls in a vegetarian gravy</i>	<b>Savoury Mince Beef &amp; Mash</b> <i>A rich beef mince &amp; mashed potato</i>	<b>Omelette &amp; Chips v</b> <i>Traditional omelette (back by popular request)</i>
Jacket Potato	<b>Jacket Potato with Baked Beans v</b>	<b>Jacket Potato with Tuna Mayo</b>	<b>Jacket Potato with Cheese v</b>	<b>Jacket Potato with Tuna Mayo</b>	<b>Jacket Potato with Cheese v</b>
Vegetables	<b>Green Beans Salad</b>	<b>Garden Peas Salad</b>	<b>Seasonal Vegetables</b>	<b>Mini Mixed Vegetables Salad</b>	<b>Baked Beans Salad</b>
Desserts	<b>Yoghurt &amp; Granola</b> OR <b>Fruit Salad *</b>	<b>Farmhouse Fruit Slice &amp; Custard</b> OR <b>Fruit Salad *</b>	<b>Muesli Flapjack</b> OR <b>Fruit Salad *</b>	<b>Yoghurt &amp; Fruit Slices</b> OR <b>Fruit Salad *</b>	<b>Cranberry Shortbread</b> OR <b>Fruit Salad *</b>

Cool Water, Milk, Freshly Baked Bread and Salad available daily

V – Vegetarian Vg - Vegan \*Fruit Based \*\*Wholegrain \*\*\*Oily Fish





# Steamplicity Autumn Winter 2019 Menu

## Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Chicken Tikka &amp; Rice</b> <i>Diced chicken in a mild tikka sauce</i>	<b>Macaroni Cheese v</b> <i>Traditional cheese sauce with macaroni</i>	<b>Roast Beef in Gravy with Roast Potatoes</b> <i>Sliced roast beef in gravy</i>	<b>Cheese &amp; Tomato Pizza v</b> <i>Deep pan pizza with a cheese &amp; tomato topping</i>	<b>Fish &amp; Chips</b> <i>Traditional battered fish fillet</i>
<b>Alternative Dish</b>	<b>Quorn Sausage &amp; Bean Hot Pot with Diced Potatoes v</b> <i>Quorn sausage &amp; mixed beans in a tomato sauce</i>	<b>Cauliflower, Lentil &amp; Sweet Potato Masala &amp; Rice vg **</b> <i>Chunky vegetables and lentils in a mild coconut masala sauce with wholegrain rice</i>	<b>Quorn Sausage in Gravy &amp; Roast Potatoes v</b> <i>Quorn sausage in vegetarian gravy</i>	<b>Ham &amp; Sweetcorn Pasta</b> <i>Chopped ham in a white sauce with penne pasta &amp; sweetcorn</i>	<b>Quorn Burger in a Bun &amp; Chips v</b> <i>Quorn pattie in a bun with optional ketchup</i>
<b>Jacket Potato</b>	<b>Jacket Potato with Cheese v</b>	<b>Jacket Potato with Tuna Mayo</b>	<b>Jacket Potato with Cheese v</b>	<b>Jacket Potato with Tuna Mayo</b>	<b>Jacket Potato with Cheese v</b>
<b>Vegetables</b>	<b>Garden Peas Salad</b>	<b>Mini Mixed Vegetables Salad</b>	<b>Seasonal Vegetables</b>	<b>Green Beans Salad</b>	<b>Garden Peas Salad</b>
<b>Desserts</b>	<b>Mandarin Marble Sponge Cake OR Fruit Salad *</b>	<b>Yoghurt &amp; Fruit Slices OR Fruit Salad</b>	<b>Farmhouse Fruit Slice &amp; Custard OR Fruit Salad</b>	<b>Muesli Flapjack OR Fruit Salad</b>	<b>Yoghurt &amp; Granola OR Fruit Salad</b>

