AUTUMN SAMPLE

	SAMPLL											
=				Me								
	LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
	MAIN	TOAD IN THE HOLE	CREAMY MUSHROOM AND SPINACH PASTA	SALMON AND HADDOCK PIE	MIXED BEAN AND HALLOUMI STEW	OVEN BAKED CUMBERLAND SAUSAGES	VEGETARIAN QUORN PASTA BOLOGNESE	SALMON AND HADDOCK FISHCAKE WITH WHITE SAUCE				
	SIDE DISH	CARROT BATON AND MINTED GARDEN PEAS	CREAMED SWEDE AND GREEN BEANS	ROASTED ROOT VEGETABLES AND BROCCOLI	VICHEY CARROTS AND SAVOY CABBAGE	GARDEN PEAS AND BEANS	SLICED CARROT AND BROCCOLI	ROASTED ROOT VEGETABLES AND SAVOY CABBAGE				
	STARCHES	HAND-CUT CHIPS AND CREAMED POTATO	BUTTER AND PARSLEY NEW POTATOES AND CREAMED POTATO	ROAST POTATO AND CREAMED POTATO	BUTTER AND PARSLEY NEW POTATOES AND CREAMED POTATO	HANDCUT CHIPS AND CREAMED POTATO	BUTTER AND PARSLEY NEW POTATOES AND CREAMED POTATO	ROAST POTATO AND CREAMED POTATO				
	DESSERT	LEMON CURD STEAMED SPONGE AND CUSTARD	STICKY TOFFEE PUDDING WITH CARAMEL SAUCE	WINTER FRUITS CRUMBLE WITH CUSTARD	RICE PUDDING	POACHED PEARS AND CUSTARD	CHOCOLATE CAKE AND CHOCOLATE CUSTARD	APPLE PIE CUSTARD				

AUTUMN SAMPLE MICHIAN

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AFTERNOON MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
OPTION 2	LEEK AND BLACK PEPPER QUICHE WITH SIDE SALAD	CORNED BEEF AND POTATO PIE WITH BEANS	JACKET POTATO WITH BEANS OR TUNA MAYONNAISE	BUBBLE AND SQUEAK WITH BEANS AND A FRIED EGG	CHICKEN CASESAR SALAD	PLOUGHMANS LUNCH	HAM, EGG AND CHIPS	
DESSERT	LEMON BARS	SCHOOL CAKE	JAM DOUGHNUTS	CHOCOLATE ORANGE BREAD AND BUTTER PUDDING	PEACH FOOL	LEMON DRIZZLE CAKE	CHOCOLATE ECLAIRS	