Totally Local Company

Sample - Autumn Winter Menu 2019- 2020

Week 1

wonday		
Homemade piz	argherita V za with tomato & cheese topping / Frittata	Chocolate Rice Pudding
	nelette with peppers and mixed v	eg
Tuesday		
Barbequ	e Chicken	Flapjack
Chicken fillet in	a homemade sauce	
Lentil an	d Tomato Dal 丫	
Lentils and o	hickpeas in a rich tomato) sauce
Wednesda		

Roast Gammon/Roast Chicken

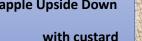
Bread & Butter

Vegetarian Sausage Oven baked vegetarian sausage Pudding

Meatball Sub Melt Vegetarian Burger in a Bun

Fish Fingers Leek & Cheese Crumble Pineapple Upside Down

Cornflake Cookie







All main meal are accompanied with seasonal vegetables, and salad items.

And either: potatoes, rice or pasta. Bread is available daily along with fresh fruit or yoghurt as part of the dessert options.



Sticky Ginger Sponge Pizza Margherita **Vegetarian Chow Mein** Custard Chinese sauce around chicken style strips and vegetables Tuesday **Minced Beef Lasagne** Lancashire Cookie Minced beef lavered with tomato and white sauce Vegetable Birvani 🍞 Spicy vegetables and rice Wednesday **Roast Gammon/Roast Chicken Carrot Cake** Shepard's Bean Pie Muffin Veggi Mince and beans with a potato topping

All Day Breakfast **Caribbean Squares** Sausage or Vegetarian Sausage, Egg, Hash Browns, Tomatoes, Mushrooms, Baked Beans Vegetarian All Day breakfast

Sausage or Vegetarian Sausage, Egg, Hash Browns, Tomatoes, Mushrooms, Baked Beans



Thursday

Monday

Salmon & Cod Fingers Oven baked breaded fish fingers **Chocolate Penny**

Week 2

Pasta & Sauce - Various Toppings Roasted pepper/ Sicilian/ Marinara

All menus are subject to availability and may change without notice