
















FAIRSEAT AUTUMN/WINTER MENU

1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Meat Free Day</i></p> <p>Classic macaroni cheese</p>  	<p>Roast Chicken Portions in Gravy</p>	<p>Tuna pasta sweetcorn bake</p> 	<p>Spaghetti Bolognese with parmesan cheese</p> 	<p>Cod portions with lemon wedges & tartar sauce</p> 
	<p>Roast Chicken</p>			<p>White Fish Fillet with tomato & basil</p> 
<p>Falafel in Pitta Bread with tomato herb dressing & salad</p> 	<p>Vegetable casserole</p> 	<p>Baked Potato cups with baked beans & cheese</p>  	<p>Roasted vegetables & Tomatoes mixed spaghetti</p> 	<p>Vegetarian Sausages</p> 
<p>Carrot sticks/Garden peas Plain Pasta</p>	<p>Florets of steamed Broccoli Roast potatoes</p>	<p>Garden Peas Freshly made creamed Potato</p>	<p>Steamed Green Beans Plain Spaghetti</p>	<p>Garden Peas/ baked beans Oven Baked Fries</p>
<p>Mixed Fruit Crumble with Custard</p> 	<p>Fresh Fruit Selection of Yoghurts</p>	<p>Jam Roly Poly with Custard</p> 	<p>Fresh Fruit Selection of Yoghurts</p>	<p>Vegetarian Strawberry Jelly with cream</p> 



Milk



Gluten free



Oily fish



Vegetarian



Cheese



















Wheat free



Sustainable fish

FAIRSEAT AUTUMN/WINTER MENU

3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meat Free Day Vegetarian mince Lasagne with Garlic Bread</p>  	<p>Cottage Pie Made with minced beef topped with mashed Swede & potato</p>	<p>Steamed salmon with pasta</p>	<p>Chicken Tikka Masala Strips of free range chicken in Asian spices</p>	<p>Classic fish fingers with lemon wedges & tartar sauce</p> 
				<p>Smoked Mackerel in a light red pepper & tomato dressing</p>  
<p>Vegetable Lasagne</p>   	<p>Vegetarian wraps</p> 	<p>Vegetable Frittata</p>  	<p>Sweet Potato & Lentil Curry</p> 	<p>Vegetable ravioli</p> 
<p>Steamed Green Beans Simply steamed new potatoes</p>	<p>Steamed Broccoli Florets</p>	<p>Garden Peas Plain pasta</p>	<p>Steamed Green Beans Turmeric Brown Rice</p>	<p>Garden Peas/ Baked Beans Oven Baked Fries</p>
<p>Traditional Syrup Sponge with custard</p> 	<p>Fresh Fruit Selection of Yoghurts</p>	<p>Bread & Butter Pudding with a hint of chocolate with cream</p> 	<p>Fresh Fruit Selection of Yoghurts</p>	<p>Apple Strudel with custard</p> 



Milk



Gluten free



Oily fish



Vegetarian



Cheese

















Wheat free



Sustainable fish

FAIRSEAT AUTUMN/WINTER MENU

2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Meat Free Day</i> Gnocci in tomato sauce	Chicken & Sweet corn Pie <i>Made with Wholemeal pastry</i> 	Turkey meatballs with spaghetti	Beef sausages with onions & gravy	Battered Haddock Fillet 
	Plain Chicken & Sweet corn  			White Fish Portions in Lemon & Herb Dressing 
Carrot & coriander sausages	Vegetable hot pot 	Vegetable & Puy Lentil Burger in a Bun 	Sweet Potato & vegetable bake with Cheese  	Cauliflower Florets in Cheese Sauce  
Steamed Broccoli Florets/Sweet corn	Fresh Green Cabbage Boiled Potatoes	Garden peas Plain pasta	Steamed Green Beans Freshly made Creamed Potato	Garden Peas/ Baked Beans Oven Baked Fries
Steamed Chocolate Sponge with Chocolate sauce 	Fresh Fruit Selection of Yoghurts	Creamy Rice Pudding with Apricot Jam 	Fresh Fruit Selection of Yoghurts	Ice cream Roll 



Milk



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Oily fish



Vegetarian



Cheese



Wheat free



Sustainable fish