



Weeks Commencing:

Mon 3rd Sept - Mon 24th Sept - Mon 15th Oct - Mon 12th Nov - Mon 3rd Dec

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Chicken Nuggets served with Barbecue Sauce	Chicken & Pesto Pizza	Roast Turkey, Stuffing & Roast Gravy	Chilli Con Carne	Baked Battered Fish with Tomato Ketchup
Vegetarian Dish of the Day	Roasted Root Vegetable Pasta Bake	Veggie Supreme Pizza	Chickpea and Vegetable Loaf	Vegetable and Bean Chilli	Vegetarian Burger with Tomato Ketchup
Vegetable Choice	New Potatoes, Sweetcorn, Baked Beans	Seasoned Wedges, Green Beans & Sweetcorn	Baby Roast Potatoes, Medley of Seasonal Vegetables	Steamed Rice, Carrots & Broccoli	Chipped Potatoes, Baked Beans, Seasonal Vegetables
Dessert of the Day	Apple & Fruits of the Forest Crumble with Custard, Fresh Fruit Salad	Eve's Pudding & Custard, Fresh Fruit Salad	Cinnamon Swirl with Caramel Sauce, Fresh Fruit Salad	Sicilian Lemon Cake & Honey Greek Yoghurt, Fresh Fruit Salad	Winter Berry Cheesecake, Fresh Fruit Salad
Jacket Potato Bar	See board for details	See board for details	See board for details	See board for details	See board for details
Cold Selection	Help yourself salad bar Home baked breads Fresh fruit	Help yourself salad bar Home baked breads Fresh fruit	Help yourself salad bar Home baked breads Fresh fruit	Help yourself salad bar Home baked breads Fresh fruit	Help yourself salad bar Home baked breads Fresh fruit



LAT Winter Menu



Weeks Commencing:

Mon 10th Sept - Mon 1st Oct - Mon 29th Oct - Mon 19th Nov - Mon 10th Dec

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Chicken Casserole with Dumplings	Meaty Meatball Pizza	Roast Garlic & Thyme Chicken	Savory Mince	Fish Fingers with Lemon Mayo
Vegetarian Dish of the Day	Vegetable and Quorn Casserole with Dumplings	Margherita Pizza	Roasted Winter Vegetable Tart	Shepherdess Pie (vegetables topped with Mashed Potato)	Macaroni Cheese
Vegetable Choice	New Potatoes, Cauliflower & Green Beans	Seasonal Vegetables, Seasoned Wedges	Baby Roast Potatoes, Seasonal Vegetables	Creamed Potato, Carrots & Cabbage	Chipped Potatoes Baked Beans Seasonal Vegetables
Dessert of the Day	Belgian Waffles & Banana & Hot Chocolate Sauce, Fresh Fruit Salad	Peach & Ginger Crumble & Custard, Fresh Fruit Salad	Sticky Toffee Cake & Butterscotch Sauce, Fresh Fruit Salad	Apple Flapjacks with Strawberry Milkshake, Fresh Fruit Salad	Orange & Chocolate Cake with Cream, Fresh Fruit Salad
Jacket Potato Bar	See board for details	See board for details	See board for details	See board for details	See board for details
Cold Selection	Help yourself salad bar Home baked breads Fresh fruit	Help yourself salad bar Home baked breads Fresh fruit	Help yourself salad bar Home baked breads Fresh fruit	Help yourself salad bar Home baked breads Fresh fruit	Help yourself salad bar Home baked breads Fresh fruit



LAT Winter Menu



Weeks Commencing:

Mon 17th Sept - Mon 8th Oct - Mon 5th Nov - Mon 26th Nov - Mon 17th Dec

Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Penne Beef Bolognese	Pepperoni Pizza	Roast Beef, Yorkshire pudding & Roast Gravy	BBQ Chicken	Baked Battered Fish with Tomato Ketchup
Vegetarian Dish of the Day	Roasted Tomato & Basil Pasta	Fully Loaded Vegetable Pizza	Lentil & Spinach Strudel with Tomato Sauce	Hoi Sin and Vegetable Stir Fry Noodles	Cheesy Pasta Bake
Vegetable Choice	Penne Pasta, Carrots & Peas	Seasoned Wedges, Green Beans & Carrots	Baby Roast Potatoes, Savoy Cabbage & Cauliflower	Roasted New Potatoes, Sweetcorn & Broccoli	Chipped Potatoes Baked Beans Seasonal Vegetables
Dessert of the Day	Chocolate & Beetroot Brownie & Chocolate Sauce, Fresh Fruit Salad	Cherry Tray Bake & whipped Cream, Fresh Fruit Salad	Apple & Fruits of the Forest Pie w/Custard Sauce, Fresh Fruit Salad	Orange and Cranberry Sponge with Vanilla Sauce, Fresh Fruit Salad	Banana Mousse with Choc Chip Cookie
Jacket Potato Bar	See board for details	See board for details	See board for details	See board for details	See board for details
Cold Selection	Help yourself salad bar Home baked breads Fresh fruit	Help yourself salad bar Home baked breads Fresh fruit	Help yourself salad bar Home baked breads Fresh fruit	Help yourself salad bar Home baked breads Fresh fruit	Help yourself salad bar Home baked breads Fresh fruit



LAT Winter Menu