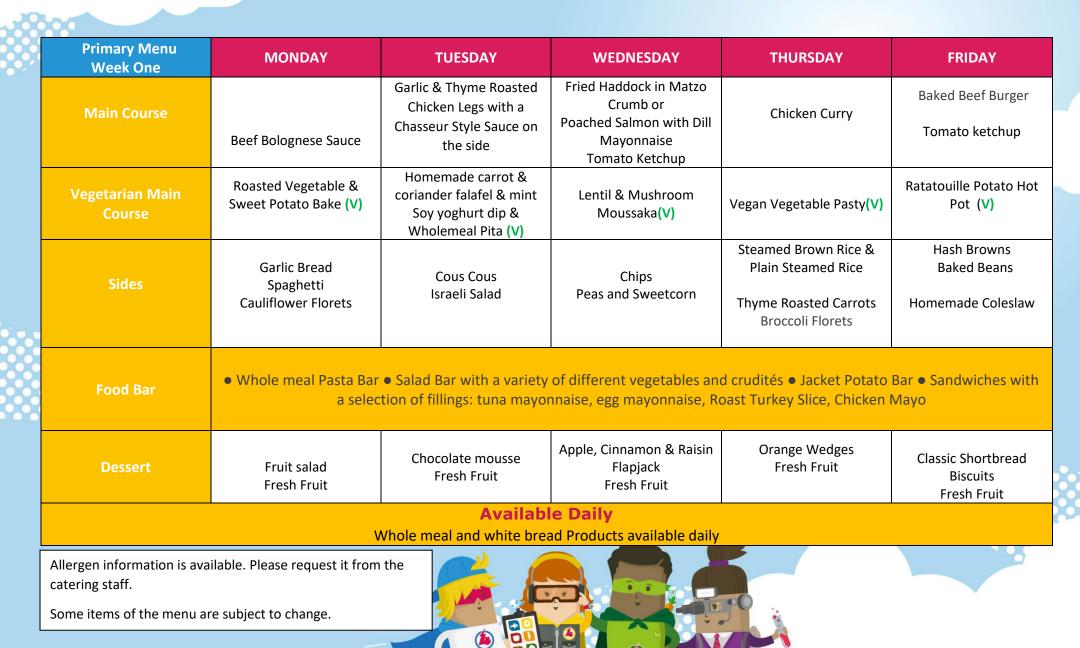


CONTINGENCY - Autumn Menu

Week One

NOVEMBER 2020



CONTINGENCY -Autumn Menu Week Two

NOVEMBER 2020



A FORCE FOR FOOD!

TEAM

2	Primary Menu Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Main Course	Sweet & Sour Chicken	Salt Beef with Pickled Cucumber	Fried Haddock in Matzo Crumb Tomato Ketchup	Chicken Goujons Homemade	Baked Beef Burger with Lettuce & Tomato Tomato ketchup
	Vegetarian Main Course	Summer Vegetable & Vegetarian Strip Pot Pie (V)	Mediterranean vegetable lasagne (V)	Spinach & Potato Pakoras (V)	Bean & Vegetable Goulash (V)	Roasted Vegetable & Pesto Pasta(V)
	Sides	Steamed Brown Rice & Plain Steamed Rice Broccoli Florets Cauliflower Florets	Jacket Potato Wedges Sliced Carrots Sautéed Courgettes	Chips Baked Beans Garden Peas	Herby baked mini potatoes Sliced Green Beans Carrot Tzimmes	Wholemeal Bun Sweetcorn
• Whole meal Pasta Bar • Salad Bar with a variety of different vegetables and crudités • Jacket Pota of fillings: tuna mayonnaise, egg mayonnaise, Roast Turkey Slice, Chicke						ndwiches with a selection
	Dessert	Fruit Jelly Fresh Fruit	Chocolate Sponge with Pareve Pouring Cream Fresh Fruit	Apple & Cinnamon Crumble with Soya Custard Fresh Fruit	Orange Wedges Fresh Fruit	Lemon Sponge with Soya Custard
	Available Daily Whole meal and white bread Products available daily					

R

Allergen information is available. Please request it from the catering staff.

Some items of the menu are subject to change.