

The weeks this menu is available

## September

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## October

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## November

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## December

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



## WEEK FOUR

### MONDAY

Chicken and Bacon Caesar

Red Tractor chicken breast wrapped in bacon, served with classic Caesar salad



### TUESDAY

Seafood Paella

Authentic Spanish rice dish with salmon and prawns



### WEDNESDAY

Teriyaki Chicken

Red Tractor chicken stir fired in tasty tryaki sauce



### THURSDAY

American Style Meatballs

Homemade Red Tractor meatballs served with spicy 'cowboy' beans



### FRIDAY

Catch of the Day

Freshly battered pollock fillet served with chips



Vegetarian Sausage and Mash

Vegetarian sausages served with rich onion gravy or barbecue sauce

Cheddar and Leek Pie

Made with Red Tractor Cheddar and seasonal leeks



Cauliflower and Spinach Dahl

A tasty curry made with healthy lentils



Broccoli and Mushroom Carbonara

Sautéed broccoli and mushrooms in a creamy sauce, served with spaghetti



Beetroot Tart Tatin

Homemade tart filled with fresh beetroot and served with Greek style salad



Mashed Potato Pasta

Dough Balls Roast Potatoes

Noodles Naan Bread

Jacket Potato Sweet Potato

Chunky Chips

Seasonal Leaves

Crushed Peas

Roasted Vegetables

Broccoli Florets

Garden Peas

Apple and Pear Crumble with Custard

Very Berry Cheesecake

Fresh, Seasonal Fruit Salad with Yoghurt

Zingy Lemon and Polenta Cake with Vanilla Sauce

Warm Chocolate Brownie and Custard

**IF YOU PREFER A SALAD WITH YOUR MAIN COURSE, JUST ASK.  
NOTHING YOU FANCY? HOW ABOUT A JACKET POTATO WITH A FILLING  
OR OUR SOUP OF THE DAY? PLEASE ASK!**

**FOOD ALLERGIES & INTOLERANCE - IF YOU REQUIRE INFORMATION ON ALLERGENS OR SUFFER FROM A FOOD INTOLERANCE, PLEASE SPEAK TO A TEAM MEMBER BEFORE YOU ORDER YOUR FOOD AND DRINKS.**

MIND FOOD WORLD FOOD HEALTH FOOD ASSURED FOOD

COMPASS KITCHEN