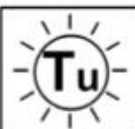
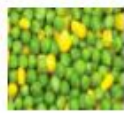




Menu

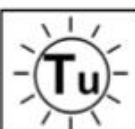
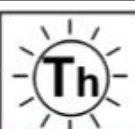
north east
autism society

Week 1

	 Main Meal	 Vegetarian	 Vegetables	 Potatoes	 Dessert
 Monday	 Steakhouse Burger with a bun	 Quorn Bolognese with Garlic Bread	 Mixed Salad or Baked Beans	 Pasta Spirals or Chips	 Chocolate Angel Delight with Pears
 Tuesday	 Beef Chilli Con Carne with Garlic Bread	 Jacket Potato with Tuna	 Mixed Salad, Coleslaw	 Basmati Rice	 Plum Crumble with Reduced Sugar Custard
 Wednesday	 Minced Beef and Dumplings	 Vegetable Fingers	 Carrot & Turnip Mix, Savoy Cabbage	 Dry Roasted Potatoes	 Meringue Nests with Fruit
 Thursday	 Oven Baked Home Made Chicken Goujons	 Spicy Bean Burger with a Bread Bun	 Spaghetti Rings or Mixed Salad & Coleslaw	 Oven Baked Potato Wedges	 Eves Pudding with Reduced Sugar Custard
 Friday	 Cod Fish Fingers	 Garlic Crumbed Quorn fillet	 Garden Peas & Sweetcorn	 Chips	 Sugar Free Jelly & Icecream

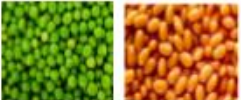
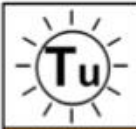
Available daily on request for students: Jacket Potato, Beans on Toast, Sandwich, Salad, Cooked Meat, Fresh Fruit, Low Fat Yoghurts

Week 2

	 Main Meal	 Vegetarian	 Vegetables	 Potatoes	 Dessert
 Monday	 Jumbo Pork Sausage with Red Onion Gravy	 Vegetable Curry with Garlic Naan Bread	 Garden Peas, Carrots	 Creamed Potatoes, Basmati Rice	 Sugar Free Jelly with Fruit Salad
 Tuesday	 Italian Chicken	 Cauliflower & Broccoli Cheese	 Greenbeans, Carrots	 Pasta Spirals	 Ginger Sponge with Reduced Sugar Custard
 Wednesday	 Roast Pork, Yorkshire Pudding, Apple Sauce, Stuffing	 Vegetable and Butternut Squash Soup with Bread Roll	 Mixed Vegetables & Broccoli	 Oven Roasted Potatoes	 Artic Roll with Mandarin Oranges
 Thursday	 Beef Madras Curry with Garlic Naan Bread	 Vegetable Burger, Quorn Sausage	 Oven Baked Tomato, Baked Beans, Mushrooms, Toast	 Basmati Rice	 Chocolate & Pear Sponge with Reduced Sugar Custard
 Friday	 Breaded Cod Fish Fillets	 Jacket Potato with Quorn Chilli	 Mushy Peas, Sweetcorn, Mixed Salad	 Chips	 Peaches & Ice Cream

Available daily on request for students: Jacket Potato, Beans on Toast, Sandwich, Salad, Cooked Meat, Fresh Fruit, Low Fat Yoghurts

Week 3

	 Main Meal	 Vegetarian	 Vegetables	 Potatoes	 Dessert
 Monday	 Gammon Steak, Poached Egg & Mushrooms	 Cheese & Onion Lattice	 Garden Peas or Baked Beans	 Mini Potato Waffles	 Apple Pie & Ice Cream
 Tuesday	 Beef Cobbler	 Vegetable Kiev	 Cauliflower, Savoy Cabbage	 Creamed Potato	 Sugar Free Jelly with Fruit
 Wednesday	 Chicken Breast, Yorkshire Pudding & Stuffing	 Vegetable Quarter Pounder in a Bun	 Turnip, Broccoli, Mixed Salad	 Oven Roasted Potatoes	 Chocolate Rice Krispie Cake
 Thursday	 Minced Beef Lasagne & Garlic Bread	 Cheese & Tomato Quiche	 Mixed Salad	 Boiled Potatoes	 Rice Pudding with Jam
 Friday	 Cod Fish Fillet	 Thick Vegetable Broth with Dumpling	 Mushy Peas, Sweetcorn	 Chips	 Shortbread Biscuit with Fruit

Available daily on request for students: Jacket Potato, Beans on Toast, Sandwich, Salad, Cooked Meat, Fresh Fruit, Low Fat Yoghurts

Week 4

	 Main Meal	 Vegetarian	 Vegetables	 Potatoes	 Dessert
 Monday	 Chicken Burger with Bread Roll	 Tomato & Cheese Pasta	 Mixed Salad or Baked Beans	 Oven Baked Potato Wedges	 Fruit & Ice Cream
 Tuesday	 Chicken Curry, Rice with Garlic Naan Bread	 Vegetable Spring Rolls, Sweet & Sour Sauce & Garlic Naan	 Basmati Rice		 Sticky Toffee Pudding with Reduced Sugar Custard
 Wednesday	 Minced Beef & Onion Pie	 Tuna Pasta Bake & Garlic Bread	 Carrots, Broccoli	 Creamed Potato	 Banana Angel Delight with Fruit
 Thursday	 Roast Beef & Yorkshire Pudding	 Cheese & Leek Pie	 Turnip, Savoy Cabbage	 Oven Roasted Potatoes	 Jam & Coconut Sponge with Reduced Sugar Custard
 Friday	 Fishcakes	 Jacket Potato with Cheesy Beans	 Garden Peas, Sweetcorn	 Chips	 Fruit Trifle

Available daily on request for students: Jacket Potato, Beans on Toast, Sandwich, Salad, Cooked Meat, Fresh Fruit, Low Fat Yoghurts