



Orchard Therapeutic

AUTUMN MENU

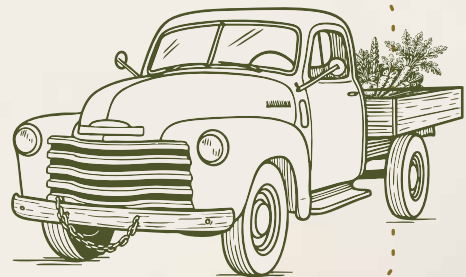
Nourishing minds, bodies & futures

WEEK 1	MONDAY  Pizza day (1,2) Sweet potato tarte tatin (1) Salad Jacket Potato with Cheese & Beans (2)** Apple Crumble (1,2) Fresh Fruit	TUESDAY  Beef Bolognese or Napolitan sauce Spagetti (1) Peas & Sweetcorn Jacket Potato with Cheese & Beans (2)** Sticky Toffee Pudding (1,2,3) Fresh Fruit	WEDNESDAY  Roast Chicken with Yorkshire pudding (1,2,3) Spanish omelette (1) Roast potatoes Seasonal vegetables Jacket Potato with Cheese & Beans (2)** Pear & Ginger Cake (1,3) Fresh Fruit	THURSDAY  Pork Schnitzel (1) Veggie Meatballs* (1,4) Mash potato Roasted Courgettes Jacket Potato with Cheese & Beans (2)** Rice Pudding and jam (2) Fresh Fruit	FRIDAY  Fish Fingers (1,7) Vegetable Nuggets* (1) Chips or Pasta (1) Baked Beans & Salad Jacket Potato with Cheese & Beans (2)** Cook's Choice (1,2,3) Fresh Fruit
	MONDAY Macaroni Cheese (1,2) Butternut Squash Pasta Bake* (1,4) Garlic Bread (1) Broccoli & Sweetcorn Jacket Potato with Cheese & Beans (2)** Chocolate Brownie (1,2,3) Fresh Fruit	TUESDAY Turkey & Vegetable Curry Chickpea & Spinach Curry* Pilau Rice Green Beans Jacket Potato with Cheese & Beans (2)** Oat & Raisin Cookie (1) Fresh Fruit	WEDNESDAY Roast beef & Yorkshire Pudding (1,2,3) Roast Vegetable Wellington* (1) Roast Potatoes Carrots & Parsnips Jacket Potato with Cheese & Beans (2)** Apple & Blackberry Crumble (1,2) Fresh Fruit	THURSDAY Cottage Pie Lentil Shepherd's Pie* (6) Peas & Sweetcorn Savoy Cabbage Jacket Potato with Cheese & Beans (2)** Jam Sponge & Custard (1,2,3) Fresh Fruit	FRIDAY Fish Fingers (1,7) Vegetable Nuggets* (1) Chips or Pasta (1) Baked Beans & Salad Jacket Potato with Cheese & Beans (2)** Cook's Choice (1,2,3) Fresh Fruit
	MONDAY Mexican chicken tacos (1) Sun dried tomato risotto (2) Rice Salad Jacket Potato with Cheese & Beans (2)** Carrot Cake (1,3) Fresh Fruit	TUESDAY Beef Lasagne (1,2,6) Vegetable Lasagne* (1,4,6) Garlic Bread (1) Green Salad Jacket Potato with Cheese & Beans (2)** Shortbread (1,2) Fresh Fruit	WEDNESDAY Roast Pork & Gravy (1) Sage & Apple Stuffing Bake* (1,6) Roast Potatoes Cabbage & Carrots Jacket Potato with Cheese & Beans (2)** Autumn Fruit Flapjack (1) Fresh Fruit	THURSDAY Mild Chicken Chilli Three Bean Chilli* Rice Sweetcorn & Salad Jacket Potato with Cheese & Beans (2)** Pear & Cinnamon Sponge (1,2,3) Fresh Fruit	FRIDAY Fish Fingers (1,7) Vegetable Nuggets* (1) Chips or Pasta (1) Baked Beans & Salad Jacket Potato with Cheese & Beans (2)** Cook's Choice (1,2,3) Fresh Fruit

* Vegan option | ** Dairy-free option available | All items are subject to availability

ALLERGEN KEY

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|------------------|--------------------------|
| 1. Gluten/Wheat | 8. Molluscs |
| 2. Dairy/Milk | 9. Shellfish/Crustaceans |
| 3. Eggs | 10. Sesame Seeds |
| 4. Soya/Soybeans | 11. Nuts |
| 5. Mustard | 12. Lupin |
| 6. Celery | 13. Sulphur Dioxide |
| 7. Fish | 14. Peanuts |



Allergen information must be confirmed against current recipes and supplier labels before service.