

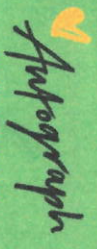
# AUTUMN / WINTER 2020 MENU

BENSHAM MANOR W/C MONTH 02/11 23/11 14/12 18/01 08/02 08/03 29/03

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>U.S.A</b> Mac 'n' Cheese	<b>AFRICAN</b> Moroccan Chicken Meatball Flatbread	<b>BRITISH</b> Roast Turkey with Stuffing, Roast Potatoes and Gravy	<b>CARIBBEAN</b> Jerk Chicken with Rice and Peas	<b>BRITISH</b> Battered Fish Fillet with Chips
Loaded Veggie Hotdog with Potato Wedges <b>VE</b>	Jollof Rice <b>VE</b>	Cauliflower and Cheese Croquette with Roast Potatoes and Gravy	Fruity Caribbean Quorn Curry with Rice and Peas	Cheese and Tomato Quiche with Chips
BBO Beans & Sweetcorn	Mixed Salad & Green Beans	Broccoli & Honey Roast Carrots	Sweetcorn and Green Beans	Baked Beans & Peas
Big Apple Crumble and Custard	Banana Cake and Custard	Cinnamon Rice Pudding	Pineapple Turnover with Natural Yoghurt	Fruity Flapjack

WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Indicun</b> Spinach and Potato Dhansak with Rice and Naan Bread <b>VE</b>	<b>Italian</b> Beef Meatballs in Tomato Sauce with Pasta and Garlic Bread	<b>BRITISH</b> Roast Chicken with Stuffing, Roast Potatoes and Gravy	<b>spanish</b> Beef Paella (Spanish Rice with Beef Mince)	<b>BRITISH</b> Battered Fish Fillet with Chips
Roasted Vegetable and Chickpea Baiti with Rice and Naan Bread <b>VE</b>	Veggie Lasagne with Garlic Bread	Butterbean Bubble and Squeak with Gravy <b>VE</b>	Cheese, Pepper and Potato Tortilla (Spanish Omelette) with Diced Potatoes	Cheese Pasty with Chips
Spiced Carrots and Cabbage	Roasted Vegetable Salad & Green Beans	Carrots & Roasted Parsnips	Crunchy Coleslaw & Sweetcorn	Baked Beans & Peas
Pineapple Upside Down Cake with Custard	Peach Crunch Crumble and Custard	Frozen Yoghurt	Spanish Orange Cake with Vanilla Sauce	Chocolate Shortbread

WEEK 3				
BENSHAM MANOR W/C MONTH 16/11 07/12 11/01 01/02 01/03 22/03				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEXICAN</b> Vegetable Chilli Loaded Potato Skins With Tomato Salsa	<b>Portuguese</b> Pin Pin Chicken Sub with Mint Yoghurt and Savoury Rice	<b>BRITISH</b> Filled Yorkshire Pudding with * Pork or Chicken Sausages, Mashed Potato and Gravy	<b>GREEK</b> Theo's Greek Chicken Wrap with Potato Salad	<b>Thai</b> Thai Salmon Fishcakes or Battered Fish Fillet with Chips
Bean & Cheese Quesadilla with Sour Cream, Tomato Salsa & Cajun Wedges	Chickpea Burger with Tomato Ketchup with Savoury Rice <b>VE</b>	Filled Yorkshire Pudding with Veggie Sausages, Mashed Potato and Gravy	Veggie Mince Pasticcio	Thai Butternut Squash Curry with Chips or Rice <b>VE</b>
Sweetcorn & Spicy Beans	Peas & Roasted Vegetable Salad	Cabbage & Carrots	Green Beans & Mixed Salad	Crunchy Asian Slaw & Peas
Chocolate Brownie with Chocolate Sauce	Custard Tart with Summer Fruit Compote	Shortbread Finger with Peaches and Yoghurt	Fruit Pie with Custard	Ice Cream with Toffee Sauce



Our Menu Supports Meat Free Monday!  
A great way to support healthy eating and reduce climate change!

LOOK OUT FOR THE VE SYMBOL ON OUR MENU FOR SOME TASTY VEGAN OPTIONS.