



SALAD BAR
Vibrant, fresh and seasonal salad everyday



TVS MENU
AUTUMN MENU
SEPTEMBER – DECEMBER

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	VEG STROGANOFF	ROAST DINNER	MAC N CHEESE	CHICKEN TIKKA	FISH OF THE DAY
	Cannellini Beans Stroganoff with White Rice	Roast Turkey Crown	Macaroni Cheese Topped with Chicken	Aromatic Chicken & Chickpea Tikka Masala	Breaded Pollock Fish Fingers
MEAT FREE MAIN COURSE	VEGGIE BURGER	VEGGIE ROAST	VEG MAC N CHEESE	VEGGIE TIKKA	VEGGIE FRITTER
	Veggie Cheeseburger with Potato Wedges	Cauliflower & Potato Cake	Macaroni Cheese Topped with Beetroot	Aromatic Chickpea Tikka Masala	Crispy Pea & Veg Bites
<i>Sides</i>	Sweetcorn	Roast Potatoes, Sliced Carrots & Gravy	Whole Green Beans & Crusty Garlic Bread	Steamed Rice & Broccoli	Rosemary Potato Wedges & Garden Peas
BREAD	Soft Roll Wedge	Baguette Slice	---	Naan Bread	Flatbread Finger
ALTERNATIVE MAIN	Jacket Potato with Baked Beans & Cheddar Cheese	Penne Pasta with Homemade Tomato Sauce & Cheddar Cheese	Jacket Potato with Baked Beans & Cheddar Cheese	Penne Pasta with Homemade Tomato Sauce & Cheddar Cheese	Jacket Potato with Baked Beans & Cheddar Cheese
	Chocolate Muffin	Victoria Sponge Cake	Strawberry Swirl Mousse	Flapjack Triangle	---
<i>Second Course</i> OR FRESH FRUIT	Honeydew Melon Wedge	Watermelon Slice	Galia Melon Wedge	Pineapple Sticks	Fresh Fruit Salad
<i>Packed LUNCH</i>	Egg Mayo Cheddar Cheese Sandwich	Chicken Mayo or Cream Cheese Baguette	Chicken Mayo & Sweetcorn or Cheddar Cheese Sandwich	Tuna Mayo or Egg Mayo Baguette	Ham or Double Cheese Sandwich
	Cucumber Sticks, Crisps, Cake, Organic Fruit Yoghurt, & Satsuma	Carrot Sticks, Crisps, Cake, Organic Fruit Yoghurt, & Banana	Pepper Sticks, Crisps, Cake, Organic Fruit Yoghurt, & Satsuma	Carrot Sticks, Crisps, Cake, Organic Fruit Yoghurt, & Banana	Cucumber Sticks, Crisps, Cake, Organic Fruit Yoghurt, & Apple

DATES: 8TH SEPTEMBER | 29TH SEPTEMBER | 20TH OCTOBER | 10TH NOVEMBER | 1ST DECEMBER | 22ND DECEMBER