



SALAD BAR
Vibrant, fresh and seasonal salad everyday



TVS MENU
AUTUMN MENU
SEPTEMBER – DECEMBER

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	VEGGIE MEATBALLS Vegetarian Meatballs with Tomato & Herb Sauce & White Rice	BANGERS 'N' HASH Butcher's Pork Sausage	ROAST DINNER Roast Chicken Breast	SPAG BOL Traditional Beef Bolognese with Spaghetti	FISH OF THE DAY Jacket Potato with Tuna Mayo & Sweetcorn
MEAT FREE MAIN COURSE	MARGHERITA PIZZA Classic Cheese & Tomato Pizza with Potato Wedges	VEGGIE SAUSAGE Garden Vegetable Sausage	VEGGIE ROAST Mixed Bean & Vegetable Casserole	VEGGIE SPAG BOL Vegetarian Soya Bolognese with Spaghetti	VEGGIE PASTA Broccoli, Sweetcorn, Spinach Pasta with Tomato & Herb Sauce, Cheese & Green Beans
<i>Sides</i>	Sweetcorn	Potato Hash & Baked Beans	Roast Potatoes, Sliced Carrots & Gravy	Diced Cucumber & Crispy Garlic Bread	---
BREAD	Baguette Slice	Soft Roll Wedge	Baguette Slice	---	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
<i>Second Course</i>	Flapjack Triangle	Arctic Roll	Country Slice	---	Chocolate Chip Muffin
OR FRESH FRUIT	Pineapple Sticks	Watermelon Slice	Galia Melon Wedge	Fresh Fruit Salad	Watermelon Slice
<i>Packed LUNCH</i>	Egg Mayo or 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: 15TH SEPTEMBER | 6TH OCTOBER | 27TH OCTOBER | 17TH NOVEMBER | 8TH DECEMBER