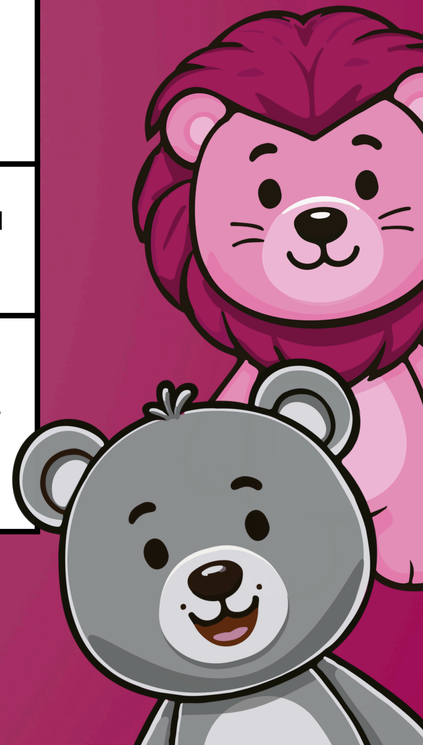
Week 1

Little LODGE

Autumn Menu

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAT	Chicken Casserole	Wholemeal Pasta Bar with a Lentil Topping	Breaded Fish	Chilli Con Carne	Beef or Chicken Bourguignon
MAIN VEGETARIAN	Vegetable Casserole	Rich Tomato Sauce	Fishless Fish	Three Bean Chilli	Plant Based Bourguigon
SIDES	New Potatoes Baked Beans Garden Peas	Garlic Bread Parmesan Cheese Fine Green Beans	Potato Wedges Garden Peas Baked Beans	Steamed Rice Roasted Vegetables	New Potatoes Baton Carrots
SECOND COURSE	Fresh Fruit & Natural Yoghurt	Fresh Fruit & Natural Yoghurt	Fresh Fruit & Vegan Sugar-Free Jellies	Fresh Fruit & Natural Yoghurt	Fresh Fruit & Natural Yoghurt
HIGH TEA	Vegan Savoury Rice & Carrot Sticks	Jacket Potato, Beans, Tuna, Cheese & Ham	Muffin Pizza, Vegetable Sticks, Hash Brown	Wholemeal Pasta with Ham, Tuna, Cheese, Cucumber and Peppers	Assorted Filled Rolls, Fresh Fruit





Gluten free main course and pudding available

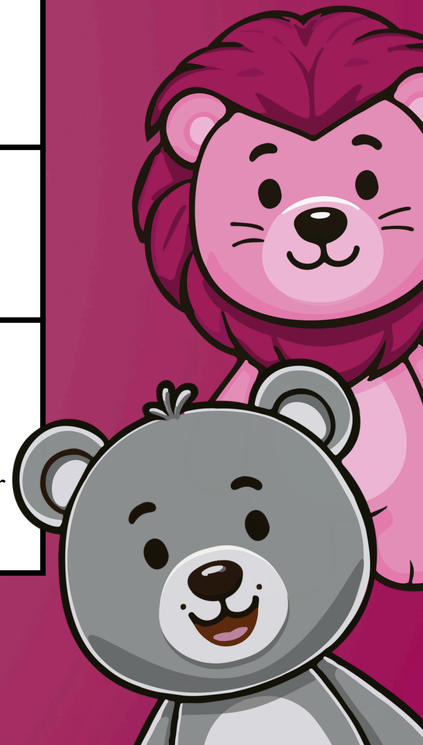
Week 2

Little LODGE

Autumn Menu

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAT	Spaghetti Bolognese	Chicken Curry	Salmon	Chicken Shawarma	Pork or Chicken Stew
MAIN VEGETARIAN	Macaroni Cheese	Lentil and Sweet Potato Dhal	Vegan Fingers	Baked Aubergine	Vegetable Stew
SIDES	Garlic Bread Sweetcorn	Rice Naan Bread Sliced Carrots	Mushy Peas Peas Baked Beans	Herby Diced Potatoes Taboola Salad Greek Salad	New Potatoes & Mixed Vegetables
SECOND COURSE	Fresh Fruit & Natural Yoghurt	Fresh Fruit & Natural Yoghurt	Fresh Fruit & Vegan Sugar-Free Jellies	Fresh Fruit & Natural Yoghurt	Fresh Fruit & Natural Yoghurt
HIGH TEA	Selection of Sandwiches, Vegetable Sticks	Jacket Potato with Cheese, Tuna or Ham	Wholemeal Pasta Bake with Garlic Balls & Carrots	Fish Goujons, Baked Beans & Creamed Potato	Houmous and Roasted Vegetable Wraps with Sauté Potatoes, Cucumber and Carrot Sticks





Gluten free main course and pudding available

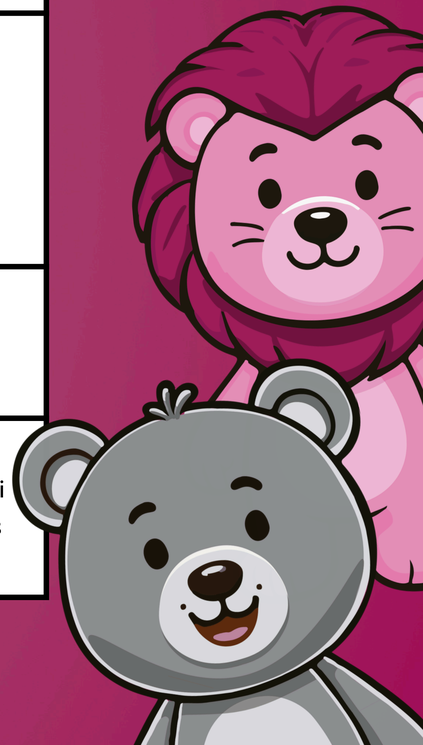
Week 3

Little LODGE

Autumn Menu

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAT	Pork Meat Balls in Rich Tomato & Basil Sauce	Roast Beef or Chicken	Chicken Kebabs	Fresh Salmon	Chicken Korma
MAIN VEGETARIAN	Vegan Meat Balls in Rich Tomato & Basil Sauce	Roasted Vegetable Loaf	Lentil & Potato Kebabs	Vegan Fillet	Sweet Potato & Chickpea Curry
SIDES	Wholemeal Penne Pasta Parmesan Cheese Garlic Bread Green Beans	Roast Potatoes Yorkshire Pudding Cauliflower Cheese Carrots	New Potatoes Flat Bread Mixed Vegetables	Creamed Potato Peas Baked Beans	Steamed Basmati Rice Naan Bread Sweetcorn
SECOND COURSE	Fresh Fruit & Natural Yoghurt	Fresh Fruit & Natural Yoghurt	Fresh Fruit & Vegan Sugar-Free Jellies	Fresh Fruit & Natural Yoghurt	Fresh Fruit & Natural Yoghurt
HIGH TEA	Vegetable Frittata & Baked Beans	Lamb Cous Cous, Roasted Vegetables	Fish Goujon, Potato Waffle, Baked Beans	Homemade Vegetable Pizza, Vegetable Sticks, Homemade Wedges	Chicken & Broccoli Bake, Green Beans





Gluten free main course and pudding available