

**AUTUMN - QUEENSWOOD LUNCH TIME MENU – WEEK 1**

	Monday	Tuesday	Wednesday	Thursday	Friday	
MAIN COURSES	Beef Meatballs with a Paprika, Pepper Sauce & Wild Rice ~ Wild Mushroom & Spinach Gnocchi (V) ~ Spiced Potato Wedges ~ Green Beans	Chicken Thighs with a Satay Sauce with Coconut Rice ~ Butternut, Squash, Sage & Feta Frittata (V) ~ Diced Herb Potatoes ~ Cumin Roasted Carrots	Chunky Cottage Pie with Root Veg Mash ~ Veggie Sausage Toad in the Hole & Gravy (V) ~ Roasted New Potatoes ~ Peas & Corn	Pasta Bar & Garlic Bread ~ Caramelised Leek, Goats Cheese & Tomato Risotto (V) ~ Sweet Potato Wedges ~ Savoy Cabbage	Battered / Breaded Fish Steamed Fish of the Day ~ Quorn Crispy ChiQin Wings (V) ~ Skinny Chips ~ Peas / Mushy Peas	
CHEFS THEATRE	Kentucky Chicken Burger With Gherkins Roasted Halloumi, Onion Rings & BBQ Slaw	Selection of Homemade Pizzas  <b>DF/GF AVAILABLE</b>	Turkey Katsu Curry With Sticky Rice, Prawn Crackers & Cucumber Relish	BBQ Glazed Pork Steak Topped with Mozzarella With Corn on the Cob & Coleslaw	Whole Cajun Chicken with Cajun Fries, Corn on the Cob & Coleslaw	
VEGAN	Pepper & Mushroom Goulash (VEGAN)	Roast Root Vegetable Curry & Poppadums (VEGAN)	Quorn & Bean Chilli Wrap with Tomato Salsa (VEGAN)	Sweet Potato Falafel with Cous Cous and Sweet Chilli (VEGAN)	VEGAN SAUSAGE ROLLS	
SNACK	Hash Brown Bites Topped with Parmesan, Crispy Onions & Ranch Sauce	Queenswood Club Sandwich	Homemade Sage & Onion Sausage Roll with Mustard Mayo	Prawn Cocktail Ciabatta	Selection of Home Baked Pastries	
SOUP	H/M Soup of the Day (V)	H/M Soup of the Day (V)	H/M Soup of the Day (V)	H/M Soup of the Day (V)	H/M Soup of the Day (V)	
<b>~~ FULL SALAD BAR INCLUDING DRESSINGS &amp; HOMEMADE BREADS, JACKET POTATOES &amp; FRESH FRUIT IS AVAILABLE DAILY ~~</b>						
SWEET	Come Again Chocolate Cake ~ Jelly ~ Vegan – Cake of the Day	Apple & Cinnamon Crumble & Custard ~ Jelly ~ Vegan – Cake of the Day	Eves Sponge Pudding & Custard ~ Jelly ~ Vegan – Cake of the Day	Milk Chocolate Cheesecake ~ Jelly ~ Vegan – Cake of the Day	Yoghurt Bar (GLUTEN FREE) ~ Jelly ~ Vegan – Cake of the Day	
SALAD OF THE DAY	New potato, Kale & Feta with Mushroom Dressing (V)	Carrot & Cumin Salad (V)	Crispy Bacon, Stilton & Chicory Salad	Moroccan Cauliflower Salad (V)	Salad of the Day	

**AUTUMN - QUEENSWOOD SUPPER TIME MENU – WEEK 1**

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSES	Crispy Sweet Chilli Beef with Rice ~ Veggie Meat Ball Pasta Bake (V) ~ Roasted New Potatoes ~ Peas	Shawarma Style Chicken Legs ~ Wild Mushroom Taco with Homemade Salsa (V) ~ Roast Potatoes ~ Roasted Courgettes	Swedish Beef Meatballs in Creamy Gravy Sauce ~ Summer Vegetable Tostada with Crumbled Feta (V) ~ Creamy Mashed Potatoes ~ Green Beans	Black Bean Chicken, Veg Chow Mein & Prawn Crackers ~ Mozzarella Schnitzel with Tomato Salsa (V) ~ Baked Diced Potatoes ~ Broccoli	QFC Breaded Chicken Thighs & Drumsticks with a Gravy Sauce & Cajun Slaw ~ BBQ Beans ~ Teriyaki Tofu with Spring Onions (V) ~ Baked Wedges ~ Corn on the Cob
CHEFS THEATRE	DIY Ramen Bar Chicken, Noodle Broth Spring Rolls, Spring Onion and Bean Sprout Garnish & Soy Sauce	Beef Lasagne with Garlic Bread & Caesar Salad	Buffalo Chicken Wrap Bar with Crunchy Slaw and Ranch Sauce	Sweet & Sticky Hoisin Duck Tacos with Chipotle and Broccoli Slaw	TAPAS BAR with Sliced Warm Ciabatta
PASTA	Creamy Mushroom (V)	Chicken Alfredo	Chunky Ratatouille (V)	Spicy Chorizo	Pasta of the Day (V)
SOUP	H/M Soup of the Day (V)	H/M Soup of the Day (V)	H/M Soup of the Day (V)	H/M Soup of the Day (V)	H/M Soup of the Day (V)
<b>~~ FULL SALAD BAR INCLUDING DRESSINGS &amp; HOMEMADE BREADS, JACKET POTATOES &amp; FRESH FRUIT IS AVAILABLE DAILY ~~</b>					
SWEET	Cookie Dough with Vanilla Ice Cream ~ Jelly	Assorted Doughnuts ~ Jelly	Waffles with Choc Sauce & Berries ~ Jelly	Seasonal Fresh Fruit Pot & Cream ~ Jelly	Ice Cream Bar (Assorted Scoops) with Toppings ~ Jelly
SALAD	New potato, Kale & Feta with Mushroom Dressing (V)	Carrot & Cumin Salad (V)	Crispy Bacon, Stilton & Chicory Salad	Moroccan Cauliflower Salad (V)	Salad of the Day

**AUTUMN - QUEENSWOOD LUNCH TIME MENU – WEEK 2**

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSES	Spiced Chicken & Butterbean Goulash & Sour Cream ~ Shakshuka (V) ~ Steamed New Potatoes ~ Broccoli	Beef & Guinness Potato Pie ~ Creamy Red Pepper & Cheddar Pasta Bake (V) ~ Champ Mash ~ Mange Tout	<b>ROAST DINNER DAY (GF)</b> ~ Broccoli & Stilton Tarts (V) ~ Garlic Roast Potatoes ~ Steamed Greens	Cumberland Sausage Ring with Sweet Onion Gravy ~ Butternut Squash & Pepper Gratin (V) ~ Sweet Potato Wedges ~ Steamed Leeks	Battered / Breaded Fish Steamed Fish of the Day ~ Baked Tomato, Mozzarella & Basil Risotto (V) ~ Chips ~ Peas / Mushy Peas
CHEFS THEATRE	Slow Roasted Curried Lamb Braised Rice, Onion Bhajis, Mini Naan Breads & Sambals	Sticky Pork Belly with Hoisin, Soy, Ginger Served with Egg Fried Rice & Prawn Crackers	2 Meat Roast of the Day Yorkshires, Cauliflower Cheese Stuffing	<b>STIR FRY BAR</b> Chicken OR Prawn Stir Fry with Sticky Rice & Crackers	Jerk Marinated Gammon Joint with Braised Rice & Plantain
VEGAN	Chick Pea, Sweet Potato & Spinach Curry (VEGAN)	Mushroom Rice Stuffed Peppers (VEGAN)	Jackfruit Tacos with a Pineapple Salsa (VEGAN)	Sweet Chilli Tofu Stir Fry (VEGAN)	VEGAN SAUSAGE ROLLS
SNACK	Apricot & Chili Glazed Chicken Wings	Fish finger & Wrap with Tartar Sauce	Pasta of the day & Garlic Bread	Welsh Rarebit with a Chilli Jam	Selection of Home Baked Pastries
SOUP	H/M Soup of the Day (V)	H/M Soup of the Day (V)	H/M Soup of the Day (V)	H/M Soup of the Day (V)	H/M Soup of the Day (V)
~~ FULL SALAD BAR INCLUDING DRESSINGS & HOMEMADE BREADS, JACKET POTATOES & FRESH FRUIT IS AVAILABLE DAILY ~~					
SWEET	<b>GLUTEN FREE -</b> Shortbread Biscuits ~ Jelly ~ Vegan – Cake of the Day	Jam Swiss Roll with Custard ~ Jelly ~ Vegan – Cake of the Day	Strawberry Pannacotta ~ Jelly ~ Vegan – Cake of the Day	Puff Pastry Fruit Slice ~ Jelly ~ Vegan – Cake of the Day	Rocky Road ~ Jelly ~ Vegan – Cake of the Day
SALAD OF THE DAY	Celeriac Chimichurri Salad	Mushroom & Butterbean Salad	Butternut Squash & Barley Salad	Aubergine Caponata	Salad of the Day

<b>AUTUMN – QUENSWOOD SUPPER TIME MENU – WEEK 2</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
	<b>MAIN COURSES</b>	Pork Sausages with Roasted Med Veg ~ Red Onion and Cheddar Quiche (V) ~ Garlic & Herb Roast Potatoes ~ Ratatouille	Lamb Moussaka ~ Bang Bang Cauliflower & Sweet Chilli Sauce (V) ~ Sweet Potato Wedges ~ Carrots	Chicken Thighs with Bacon, Cheese & BBQ Sauce ~ Roasted Med Veg & Halloumi Traybake (V) ~ Greek Style Potatoes ~ Green Beans	Garlic & Herb Salmon ~ Mexican Bean Chilli with Sour Cream & Tortillas (V) ~ Buttered New Potatoes ~ Broccoli	Tandoori Chicken Skewers with Naan Bread & Chutney ~ Sweet Potato & Pepper Tagine (V) ~ Dauphinoise Potatoes ~ Corn on the Cob	
	<b>CHEFS THEATRE</b>	Maple Glazed Breaded Chicken with Salad & Flat Bread	Square Pizza Bar 1xMeat / 1xVeg With Rocket Salad and Ranch Dip	Greek Style Lamb with Olives & Feta	Beef Chili Nachos Bar with Salsa, Cheese, Sour Cream & Guacamole	5oz Steak Cooked to Order with Onion Rings, Grilled Tomatoes & Mushrooms Chefs Choice Sauce	
	<b>PASTA</b>	Roasted Tomato & Basil (V)	Mac & Cheese (V)	King Prawn Spaghetti	Creamy Pesto & Bacon	Pasta of the Day (V)	
	<b>SOUP</b>	H/M Soup of the Day (V)	H/M Soup of the Day (V)	H/M Soup of the Day (V)	H/M Soup of the Day (V)	H/M Soup of the Day (V)	
	<b>~~ FULL SALAD BAR INCLUDING DRESSINGS &amp; HOMEMADE BREADS, JACKET POTATOES &amp; FRESH FRUIT IS AVAILABLE DAILY ~~</b>						
	<b>SWEET</b>	Chocolate Eclairs ~ Jelly	Fruit Crumble & Custard ~ Jelly	Peach Meringue & Chantilly Cream ~ Jelly	Millionaire Shortbread ~ Jelly	Chocolate Fondue Bar With Fruits, Marshmallows & Brownie Pieces ~ Jelly	
	<b>SALAD</b>	Celeriac Chimichurri Salad	Mushroom & Butterbean Salad	Butternut Squash & Barley Salad	Aubergine Caponate	Salad of the Day	

**AUTUMN - QUEENSWOOD LUNCH TIME MENU – WEEK 3**

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSES	Battered Chicken with Honey, Soy & Chilli Glaze ~ Pannier & Bhaji Burger with Harissa Slaw (V) ~ Spiced Roasted Potato Mids ~ Peas & Corn	Creamy Chicken, Leek & Smoked Pancetta Stew ~ Beetroot & Goats Cheese Wellington (V) ~ Roast Potatoes ~ Baton Carrots	Roasted Chicken Thighs Lemon, Garlic, Pomegranate ~ Sundried Tomato & Mozzarella Quesadilla(V) ~ Crushed New Potatoes ~ Sugar Snaps	Sticky Beef Ribs with Plum, Ginger & Chilli Sauce ~ Teriyaki Tofu (V) ~ Cajun Wedges ~ Broccoli	Battered/ Breaded Fish Steamed Fish of the Day ~ Moving Mountain Veggie Burger, Gherkins, Cheese & Cajun Mayo (V) ~ Skinny Chips ~ Peas / Mushy Peas
CHEFS THEATRE	Beef Bhuna with Poppadums, Onion Bhajis & Sambals	Jacket Potato Bar With Beef Chilli Chicken Curry Baked Beans, Cheese Tuna Mayo, Coleslaw	Red Wine Slow Cooked Beef Brisket with a Bourguignon Garnish	Selection of Homemade Pizzas  <b>DF/GF AVAILABLE</b>	Bockwurst Hot Dog Bar with Chilli Beef, Cheese Sauce, Crispy Onions, Mustard and Ketchup
VEGAN	Red Thai Vegetable Curry (VEGAN)	Vegan Mixed Bean Lasagne (VEGAN)	Lentil Butternut & Chick Pea Stew (VEGAN)	Butterbean, Spinach & Tomato Orzo (VEGAN)	VEGAN SAUSAGE ROLL
SNACKS	Tandoori Prawns with Mini Naan Breads, Tomato Salad & Mint Yoghurt	Salt Beef Bagel with Gherkin & Mustard Mayo	Asian Style Salmon	Greek Chicken Wrap	Selection of Home Baked Pastries
SOUP	H/M Soup of the Day (V)	H/M Soup of the Day (V)	H/M Soup of the Day (V)	H/M Soup of the Day (V)	H/M Soup of the Day (V)
~~ FULL SALAD BAR INCLUDING DRESSINGS & HOMEMADE BREADS, JACKET POTATOES & FRESH FRUIT IS AVAILABLE DAILY ~~					
SWEET	Orange & Lemon Polenta Cake with Custard ~ Jelly ~ Vegan – Cake of the Day	Gingerbread Tray bake ~ Jelly ~ Vegan – Cake of the Day	<b>GLUTEN FREE</b> Warm Chocolate Brownie & Chocolate Sauce ~ Jelly ~ Vegan – Cake of the Day	Lemon Cheesecake ~ Jelly ~ Vegan – Cake of the Day	Rice Pudding Bar with Selection of Toppings ~ Jelly ~ Vegan – Cake of the Day
SALAD OF THE DAY	Tomato, Mozzarella & Pesto Salad	Tabbouleh Salad	Autumn Panzanella	Thai Rice Noodles with Coconut & Ginger Dressing	Salad of the Day (V)

**AUTUMN - QUEENSWOOD SUPPER TIME MENU – WEEK 3**

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSES	Irish Lamb Hot Pot ~ Spinach & Feta Filo Parcel (V) ~ Creamed Mash Potato ~ Peas	Battered Cod Goujons with a Minted Pea Puree ~ Quorn Stir Fry with Chilli Noodles (V) ~ Roast Croquettes ~ Mediterranean Vegetables	Chicken Biryani with Naan Bread & Sambals ~ Paneer Jalfrezi (V) ~ Potato Wedges ~ Roasted Spiced Cauliflower	Beef Pasticcio Bake with Garlic Bread ~ Caramelized Red Onion & Butternut Squash Pithivier (V) ~ Paprika Spiced Potatoes ~ Roasted Asparagus	Teriyaki Chicken Breast with Sticky Rice ~ Spinach & Garlic Stuffed Mushrooms (V) ~ Sweet Potato Fries ~ Honey Roasted Beetroot
CHEFS THEATRE	Hoi Sin Chicken & Mushroom Stir fry With Prawn Crackers	Jerk Pork Belly Strips with Rice & Peas	Beef Burger Bar with Salads, American Cheese, Pickles and Burger Sauce	Shredded BBQ Chicken with Pitta Bread, Salad & Buffalo Dip	5oz Steak Cooked to Order with Onion Rings, Grilled Tomatoes & Mushrooms Chefs Choice Sauce
PASTA	Roasted Mediterranean Vegetable (V)	Spinach & Chicken	Creamy Sundried Tomato (V)	Carbonara	Pasta of the Day
SOUP COUNTER	H/M Soup of the Day (V)	H/M Soup of the Day (V)	H/M Soup of the Day (V)	H/M Soup of the Day (V)	H/M Soup of the Day (V)
<b>~~ FULL SALAD BAR INCLUDING DRESSINGS &amp; HOMEMADE BREADS, JACKET POTATOES &amp; FRESH FRUIT IS AVAILABLE DAILY ~~</b>					
SWEET	Choc Chip Shortbread ~ Jelly	Berry Sponge with Custard ~ Jelly	Churros with Chocolate Sauce ~ Jelly	Seasonal Fresh Fruit Pot with Cream ~ Jelly	Ice Cream Bar (Assorted Scoops) with Toppings ~ Jelly
SALAD	Tomato, Mozzarella & Pesto Salad	Tabbouleh Salad	Autumn Panzanella	Thai Rice Noodles with Coconut & Ginger Dressing	Salad of the Day (V)