

# GRAMPOUND - Cornwall Autumn Menu 2020

**Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**

**Week One**  
19/10  
16/11  
7/12

|            |                                    |   |   |   |  |
|------------|------------------------------------|---|---|---|--|
| Option 1   | Pork Sausage in a bun with Pasta   | Ham and Cheese Pizza with Rice                | Roast Chicken with Stuffing, Roast Potatoes and Gravy | Chicken and Broccoli Pasta Bake               | Fish Fingers or Salmon Fish Fingers with Chips |
| Option 2   | Veggie Sausage in a bun with Pasta | Cheese and Tomato Pizza with Rice             | Quorn Roast Fillet with Roast Potatoes and Gravy      | Macaroni Cheese                               | Freshly Made Vegetable Sausage with Chips      |
| Vegetables | Sweetcorn Broccoli                 | Cauliflower Cabbage                           | Carrots Green Beans                                   | Sweetcorn Broccoli                            | Baked Beans Peas                               |
| Dessert    | Apple Flapjack Yoghurt Fresh Fruit | Pear Crumble with Custard Yoghurt Fresh Fruit | Jelly with Fruit Yoghurt Fresh Fruit                  | Syrup Sponge with Custard Yoghurt Fresh Fruit | Cinnamon Cookie Yoghurt, Fresh Fruit           |

**Week Two**  
5/10  
2/11  
23/11  
14/12

|            |   |   |  |  |   |
|------------|---|---|--|--|---|
| Option 1   | Meatballs with Mashed Potatoes and Gravy          | Sweet and Sour Chicken with Rice                          | Roast Gammon, Roast Potatoes and Gravy         | Spaghetti Bolognese                      | Fish Fingers with Chips                         |
| Option 2   | Linda McCartney Sausages, Mashed Potato and Gravy | Lentil and Sweet Potato Curry with Rice                   | Cheese Whirl with Roast Potatoes and Gravy     | Veggie Bolognese                         | Freshly Made Vegetable Sausage with Chips       |
| Vegetables | Sweetcorn Broccoli                                | Peas Cauliflower  | Carrots Green Beans                            | Sweetcorn Broccoli                       | Baked Beans Peas                                |
| Dessert    | Pineapple Cake Yoghurt Fresh Fruit                | Chocolate Cake with Chocolate Drizzle Yoghurt Fresh Fruit | Apple, Cheese and Crackers Yoghurt Fresh Fruit | Fruit with Ice-cream Yoghurt Fresh Fruit | Orange and Lemon Shortbread Yoghurt Fresh Fruit |

**Week Three**  
12/10  
9/11  
30/11

|            |  |  |  |  |   |
|------------|--|--|--|--|---|
| Option 1   | Cheese and Beef Pizza with Pasta                 | Sausage Roll with Potato Wedges                | Roast Turkey, Roast Potatoes and Gravy           | Chicken Stir Fry with Noodles            | Battered Fish with Chips                  |
| Option 2   | Cheese and Tomato Pizza with Pasta               | Vegan Sausage Roll with Potato Wedges          | Quorn Roast Fillet with Roast Potatoes and Gravy | Vegetable Stir Fry with Noodles          | Freshly Made Vegetable Sausage with Chips |
| Vegetables | Sweetcorn Broccoli                               | Swede Carrot                                   | Peas Cauliflower                                 | Green Beans Carrots                      | Baked Beans Peas                          |
| Dessert    | Chocolate and Orange Brownie Yoghurt Fresh Fruit | Banana Sponge with Custard Yoghurt Fresh Fruit | Jelly with Fruit Yoghurt Fresh Fruit             | Fruit with Ice-Cream Yoghurt Fresh Fruit | Oaty Cookie Yoghurt Fresh Fruit           |

**ALLERGY INFORMATION**  
Whilst every opportunity has been taken to remove necessary allergens, we cannot rule out the risks of elements and traces of allergens within products and cross contamination within the kitchen environment. If this is a concern due to the severity of the allergy/intolerance, then please arrange a visit with the kitchen.