



# CAEA Lunch Menu

## AUTUMN MENU – WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Meals				
Spaghetti Carbonara with mixed vegetables and crusty bread	Jacket potatoes with a selection of fillings	Roast Chicken with stuffing, roast potatoes, carrots, broccoli & gravy	Cottage Pie with cabbage, peas & gravy	Hunters Chicken with chips, sweetcorn & baked beans
Baked Gnocchi with roasted vegetables (Gluten Free & Vegan)		Aubergine & Lentil Bake (Gluten Free)	Quorn Sausage Pie (Gluten Free & Vegan)	Creamy Quorn Fillet Casserole (Gluten Free)
Quiche of the day (Gluten Free)		Soup of the day (Gluten Free & Vegan)	Mushroom Risotto (Gluten Free)	Vegetable Curry of the day (Gluten Free & Vegan)
Bakery option available daily to pre-order Baked potatoes available daily alongside a selection of fresh salad				
Desserts				
Arctic Roll	Apple Crumble and Custard	Homemade Cheesecake	Jelly and Ice Cream	Chocolate Chip Muffins

#Menus may be subject to change #Ask kitchen staff regarding allergen advice



# CAEA Lunch Menu

## AUTUMN MENU – WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Meals				
Meatballs with pasta, mixed vegetables & garlic bread	Barbeque Chicken Wraps with sautéed vegetables & onion rings	Roast Gammon with roast potatoes, parsnips, carrots, peas & gravy	Beef Chilli with rice, sweetcorn, green beans & tortilla chips	Battered Fish with chips, peas & baked beans
Quorn Balls in a spicy tomato sauce (Gluten Free & Vegan)	Vegetable Lasagne (Gluten Free)	Broccoli & Stilton Crumble (Gluten Free)	Spicy Red Lentil Chilli (Gluten Free & Vegan)	Garlic Pizza Breads
Quiche of the day (Gluten Free)	Vegan Crispy Chiquin Tenders (Vegan)	Soup of the day (Gluten Free & Vegan)	Potato & Courgette Fritters (Gluten Free)	Vegetable Curry of the day (Gluten Free & Vegan)
Bakery option available daily to pre-order Baked potatoes available daily alongside a selection of fresh salad				
Desserts				
Donuts	Jam Sponge and Custard	Homemade Cheesecake	Chocolate Brownie and Ice Cream	Tray Cake

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# CAEA Lunch Menu

## AUTUMN MENU – WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Meals				
Macaroni Cheese with mixed vegetables & crusty bread	All Day Breakfast – Sausages, bacon, egg, hash browns, mushrooms & tomato	Roast Pork with stuffing, roast potatoes, carrots, sweetcorn & gravy	Chicken & Leek Gratin with new potatoes, broccoli & green beans	Sausages with chips, peas & baked beans
Vegetable Pasta Bake (Gluten Free & Vegan)	Quorn Sausages (Gluten Free & Vegan)	Herby Roasted Vegetables with feta (Gluten Free)	Tomato Roasted Vegetable Risotto (Gluten Free)	Parmesan & Herb Crusted Haddock (Gluten Free)
Quiche of the day (Gluten Free)	Stuffed Mushrooms (Gluten Free)	Soup of the day (Gluten Free & Vegan)	Patatas Bravas (Gluten Free & Vegan)	Vegetable Curry of the day (Gluten Free & Vegan)
Bakery option available daily to pre-order Baked potatoes available daily alongside a selection of fresh salad				
Desserts				
Chocolate Eclairs	Jelly & Biscuits	Homemade Cheesecake	White Chocolate & Raspberry Blondie and Cream	Flapjack

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## AUTUMN MENU – WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Meals				
Sausage Pasta with mixed vegetables & garlic bread	Fish Fingers with mashed potato, peas & baked beans	Roast Beef with roast potatoes, carrots, cabbage, yorkshire puddings & gravy	Creamy Chicken Pie with new potatoes, green beans, peas & gravy	Pizza with chips, sweetcorn & baked beans
Tomato & Garlic Butter Beans (Gluten Free & Vegan)	Smoked Haddock Chowder (Gluten Free)	Mushroom Wellington (Gluten Free & Vegan)	Cheesy Potato & Leek Pie (Gluten Free)	Vegan Pizza (Vegan)
Quiche of the day (Gluten Free)	Stuffed Peppers (Gluten Free & Vegan)	Soup of the day (Gluten Free & Vegan)	Ratatouille (Gluten Free & Vegan)	Vegetable Curry of the day (Gluten Free & Vegan)
Bakery option available daily to pre-order Baked potatoes available daily alongside a selection of fresh salad				
Desserts				
Chocolate Chip Cookies	Syrup Sponge and Custard	Homemade Cheesecake	Vanilla Crunch and Cream	Lemon Cake

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