



**The Greenside Food Experience: Autumn 1**  
**Menu: Weeks 1, 4, 7**

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**Monday**      **Spaghetti Bolognese**  
**Autumn Minestrone, Focaccia**  
**Tomatoes, Good Olive Oil, Sorrel Cress**

**Something Sweet:**  
**Greek Yogurt, Blackberries**

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**Tuesday**    **Greenside Curry, Rice**  
**Dahl**  
**Roast Cauliflower, Nigella seeds, Turmeric**

**Something Sweet:**  
**Banana Cake**

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**Wednesday** **Jacket Potato, Hummus, Cheese**  
**Pasta Salad**  
**Garden Greens**

**Something Sweet (ish):**  
**Seasonal Cheese Board, Sourdough, Fruit**

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**Thursday**   **Japanese Katsu, Rice**  
**Miso Soup, Noodles, Shiso**  
**Chard, Lemon, Soya Sauce**

**Something Sweet:**  
**Plum Crumble**

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**Friday**      **Nuggets, Fries, Green Herb Mayo**  
**Penne, Tomato Sauce, Basil**  
**Cucumber**

**Something Sweet:**  
**Fruit**

**\*Alternatives are always available to meet individual needs**



**The Greenside Food Experience: Autumn 1**  
**Menu: Weeks 2, 5**

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**Monday**      **Macaroni Cheese**  
**Jacket Potato, Curried Baked Beans**  
**Cavolo Nero, Spinach, Peas**

**Something Sweet:**  
**Greek Yogurt, Raspberries**

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**Tuesday**      **Chilli, Rice, Fava-Mole**  
**Roast Autumn Veg Soup, Garlic Bread**  
**Corn**

**Something Sweet:**  
**Flapjack**

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**Wednesday**      **'Salscicce e Fagioli' (Italian Sausage & Beans)**  
**Roast Potatoes, Peas, Fennel**  
**Cheese & Bean Toastie**

**Something Sweet:**  
**Chocolate Cake**

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**Thursday**      **Baked Pumpkin & Gnocchi**  
**Spaghetti: Carbonara, Pesto, Tomato**  
**Greens, Lemon, Good Olive Oil**

**Something Sweet:**  
**Watermelon**

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**Friday**      **'Corn Dog', Sweet Potato Fries, Green Herb Mayo**  
**Penne, Tomato Sauce, Basil**  
**Cucumber**

**Something Sweet:**  
**Fruit**

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**The Greenside Food Experience: Autumn 1**  
**Menu: Weeks 3,6**

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**Monday**      **Lasagne**  
**Jacket Potato, Curried Baked Beans**  
**Tomatoes, Good Olive Oil, Basil**

**Something Sweet:**  
**Greek Yogurt, Plums**

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**Tuesday**     **Stir Fry, Asian Omelette, Noodles**  
**Thai Soup, Lemongrass, Coconut**  
**Greens, Gochujang, Garlic**

**Something Sweet:**  
**Lemon Cake**

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**Wednesday** **Swedish 'Ikea' Balls, Gravy, Lingonberry**  
**Herb Roast Potatoes**  
**Heritage Carrots, Dill**

**Something Sweet:**  
**Rhubarb & Apple Crumble, Custard**

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**Thursday**    **Greenside Burrito**  
**Tortilla, Cheese, Corn**  
**Coleslaw**

**Something Sweet:**  
**Watermelon**

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**Friday**       **Pizza**  
**Penne, Tomato Sauce, Basil**  
**Cucumber**

**Something Sweet:**  
**Fruit**

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