



Monday 8 October

LUNCH

**Tiger prawn, almond and
basmati rice stir-fry
Vegetable and lentil stew (V)**

**Sweet corn
Green beans and courgettes
Assorted salads**

**Blackcurrant and raspberry fool
Fresh fruit and yoghurts**



Monday 8 October

NO SUPPER



Tuesday 9 October

LUNCH

**Cajun styled slow roasted pork fillet with
black treacle, garlic, chilli and mustard
Vegetable grills (V)**

Jacket potatoes

Peas

**Refried beans– kidney beans, onions,
garlic and parsley**

Assorted salads

Rice pudding soufflé au gratin

Fresh fruit and yoghurts



Tuesday 9 October

NO SUPPER



Wednesday 10 October

LUNCH

**Turkey and mushroom fricassé
Mushroom and pepper bake (V)**

**New potatoes
Broccoli
Assorted salads**

**Apple and pine nut tart
Fresh fruit and yoghurts**



Wednesday 10 October

SUPPER

**Lamb tagine
Vegetable and chick pea tagine (V)**

**Coriander couscous
Garlic roasted courgettes
Assorted salads**

**Lemon posset
Fresh fruit and yoghurts**



Thursday 11 October

LUNCH

**Cod with a red tapenade and breadcrumb
crust, green olives, parsley, sundried
Tomato, olive oil and garlic
Spaghetti with tomato and olives (V)**

**Oven chips
Cauliflower cheese
Assorted salads**

**Greek yoghurt and berry gratin
Fresh fruit and yoghurts**



Thursday 11 October

SUPPER

**Ham and mushroom quiche
Cheese, pepper and onion quiche (V)**

**Hasselback potatoes
Peas
Stir-fry seasonal vegetables
Assorted salads**

**Coconut and jam sponge with custard
Fresh fruit and yoghurts**



Friday 12 October

LUNCH

**Roast chicken with red wine gravy
Italian cannellini and vegetable ragout (V)**

**Mash potato
Roasted courgettes with
tomatoes and garlic
Broad beans
Assorted salads**

**Fresh fruit salad
Fresh fruit and yoghurts**



Friday 12 October

SUPPER

**Lamb madras
Vegetable cobbler (V)**

**Assorted salads
Basmati rice
Peas
Spicy red cabbage**

**Mango and lime jellied puddings
Fresh fruit and yoghurts**



Saturday 13 October

LUNCH

**Gammon steaks with caramelised
pineapple rings
Stuffed mushroom (V)**

**Assorted salads
Roasted new potatoes with rosemary
Sweet corn with red peppers**

Fresh fruit and yoghurts



Saturday 13 October

SUPPER

**Turkey escalope's stuffed with
cream cheese and spinach
Fennel bake with cream cheese (V)**

**Assorted salads
Buttered pasta
Roasted peppers
Baked tomatoes with basil**

**Pear and almond flan with a
caramel sauce
Fresh fruit & yoghurts**



SARUM
COLLEGE

Sunday 14 October

LUNCH

**Spicy lentil, garlic and lemon soup
Cream of chicken and parsley soup
Fresh crusty bread**

Fresh fruit and yoghurts



SARUM
COLLEGE

Sunday 14 October

NO SUPPER