








Autumn Menu Cycle – Kitchen Guide

This menu is available weeks commencing;

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Toad in the Hole with Onion Gravy 	Concept Day On this day each week you must run ONE concept in full and in line with the Caterlink Brand Standards	Roast Chicken with Stuffing	Beef Bolognese with Garlic Bread 	Fish and Chip Shop
Vegetarian Meal	Roasted Vegetable and Butternut Squash Frittata		Sweet Potato & Vegetable Tagine 	Cheese and Red Onion Tart	Spicy Bean Burger in a Bun with salad
On the Side – You Must 1. have at least 1 fresh vegetable daily Mon - Thurs 2. always have salad as an alternative vegetable & offer it! 3. You must always have a home baked bread – once a week this must be wholemeal	Jacket Wedges		Garlic & Rosemary Roast Potatoes	Spaghetti	Chips 
	Mashed Potato		Cous Cous	New Potatoes	
	Sweetcorn	Glazed Carrots 	Green Beans	Garden Peas	
	There must always be a 2nd fresh vegetable available on these days unit choice, change it daily				Baked Beans
	A Mixed Side Salad must always be available as an alternative to vegetables from the main counter make sure your team offer this to all customers.				
	Home Baked Bread must always be available from the main counter once a week this must be wholemeal, it can be any flavour or style				
Must be Available Daily Pasta / Jacket Bar	Customers choose a Base; Pasta or Jacket, then add their choice of Hot Topping from our freshly prepared selection; You must offer both a meat & vegetarian choice daily, each day should be different and not clash with other offers				
Family Favourites	Chocolate Sponge with Chocolate Sauce	Fruit Crumble with Custard	Sticky Toffee Pudding with Custard	Orange Marmalade Bread & Butter Pudding with Custard	Steamed Fruit Sponge with Custard






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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Sausage & Onion Plait	Concept Day On this day each week you must run ONE concept in full and in line with the Caterlink Brand Standards	Roast Pork with Herb Stuffing and Apple Sauce	Shepherd's Pie	Fish and Chip Shop
Vegetarian Meal	Quorn and Vegetable Korma 		Vegetable and Red Bean Chilli 	Jambalaya 	Cheese & Onion Tortilla
On the Side – You Must 1. have at least 1 fresh vegetable daily Mon - Thurs 2. always have salad as an alternative vegetable & offer it! 3. You must always have a home baked bread – once a week this must be wholemeal	Rice		Crispy Roast Potatoes		Chips 
	Mashed Potato		Half Jacket Potato	New Potatoes	
	Broccoli 	Green Cabbage	Glazed Carrots	Garden Peas	
	There must always be a 2nd fresh vegetable available on these days unit choice, change it daily				Baked Beans
	A Mixed Side Salad must always be available as an alternative to vegetables from the main counter make sure your team offer this to all customers.				
	Home Baked Bread must always be available from the main counter once a week this must be wholemeal, it can be any flavour or style				
Must be Available Daily Pasta / Jacket Bar	Customers choose a Base; Pasta or Jacket, then add their choice of Hot Topping from our freshly prepared selection; You must offer both a meat & vegetarian choice daily, each day should be different and not clash with other offers				
Family Favourites	Winter Berry Crumble with Custard	Rice Pudding served with Warm Jam Sauce	Chocolate Marble Sponge with Chocolate Sauce	Apple Brown Betty served with Custard	Gingerbread Cake and Custard Sauce

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This menu is available weeks commencing;

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Beef and Vegetable Casserole 	Concept Day On this day each week you must run ONE concept in full and in line with the Caterlink Brand Standards	Roast Turkey with Cranberry Sauce	Curry Corner	Fish and Chip Shop
Vegetarian Meal	Cheese & Potato Pie with Tomato and Spinach		Stuffed Pepper		Vegetable Calzone 
On the Side – You Must 1. have at least 1 fresh vegetable daily Mon - Thurs 2. always have salad as an alternative vegetable & offer it! 3. You must always have a home baked bread – once a week this must be wholemeal	New Potatoes		Herby Roast Potatoes 	Pilau Rice	Chips 
	Glazed Carrots 		Cauliflower in Cheese Sauce	Bombay Potatoes	Garden Peas
	There must always be a 2nd fresh vegetable available on these days unit choice, change it daily				Baked Beans
A Mixed Side Salad must always be available as an alternative to vegetables from the main counter make sure your team offer this to all customers.					
Home Baked Bread must always be available from the main counter once a week this must be wholemeal, it can be any flavour or style					
Must be Available Daily Pasta / Jacket Bar	Customers choose a Base; Pasta or Jacket, then add their choice of Hot Topping from our freshly prepared selection; You must offer both a meat & vegetarian choice daily, each day should be different and not clash with other offers				
Family Favourites	Carrot Cake with Vanilla Sauce	Dutch Apple Crumble with Custard	Steamed Jam and Coconut Sponge with Custard	Ginger & Apricot Flapjack with Custard	Chocolate and Beetroot Brownie with Chocolate Sauce