

Week 1
1st, 29th
Sept

ARNOLD LODGE
4 - 18 yrs Co-educational Independent Day School

**Autumn
Menu**

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day
MAIN MEAT	Cumberland Sausages	Lamb Moussaka	Chicken, Ham & Leek Pie	Indonesian Beef	Meat Feast Pizza
MAIN VEGETARIAN	Glamorgan Sausages	Vegetable Moussaka	Plant-Based Chicken & Leek Pie	Indonesian Vegetables	Cheese & Tomato Pizza
SIDES	Cream Potatoes Gravy Garden Peas	Garlic Bread Parmesan Cheese Fine Green Beans	New Potatoes Carrot Batons	Steamed Rice Stir Fry Vegetables	Chips Garden Peas Salad
DESSERT	Chocolate Profiteroles with Chocolate Sauce	Orange Cake	Chocolate Brownies with Sauces	Freshly Baked Cookies	Muffins

All our soups are vegetarian and gluten free

Gluten free main course and pudding available

Week 2
8th Sept, 6th
Oct

ARNOLD LODGE
4 - 18 yrs Co-educational Independent Day School

**Autumn
Menu**

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day
MAIN MEAT	Pasta Bar	Chicken & Squash Pot	Roast Loin of Pork	Chicken Kebabs	Breaded Cod
MAIN VEGETARIAN	Macaroni Cheese	Vegetables Pot	Vegetable Cottage Pie	Vegan Kofta	Breaded Halloumi
SIDES	Garlic Bread Grated Parmesan Cheese Sweetcorn	Cous Cous Roasted Vegetables	Roast Potato Baton Carrots Honey Roasted Parsnips	Flat Bread with Siracha Mint Yoghurt Diced Herb Potatoes	Chunky Chips Garden Peas Mushy Peas Lemon Wedges Homemade Tartar Sauce
DESSERT	Apple and Plum Crumble with Custard	Selection of Yoghurts	Chocolate Cake	Orange Polenta Cake	Selection of Jellies

All our soups are vegetarian and gluten free

Gluten free main course and pudding available

Week 3
15th Sept,
13th Oct

ARNOLD LODGE
4 - 18 yrs Co-educational Independent Day School

**Autumn
Menu**

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day
MAIN MEAT	Beef & Vegetable Stew	Spanish Chicken	Lamb Kofta	Chicken Korma	Burger Bar
MAIN VEGETARIAN	Vegetarian Stew	Frittata	Vegan Kofta	Vegetable Curry	Vegan Burger Bar
SIDES	New Potatoes Petit Pois Baked Beans	Sautee Potatoes Roasted Vegetables	Diced Herby Potatoes Mint Yoghurt Flat Bread Greek Salad	Rice Naan Bread Dhal Mango Chutney	Julienne Fries Sliced Cheese Gherkins Sliced Tomatoes
DESSERT	Muffin	Toffee Angel Delight	Vanilla Iced Cake	Carrot Cake	Selection of Yoghurts

All our soups are vegetarian and gluten free

Gluten free main course and pudding available

Week 4
22nd Sept

**Autumn
Menu**

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day
MAIN MEAT	Meatballs in Rich Tomato Sauce	Chicken Tikka Masala	Roast Beef or Chicken	Chicken & Broccoli Bake	Chunky Breaded Fish Fingers
MAIN VEGETARIAN	Meatless Balls	Chickpeas & Butternut Squash Masala	Cauliflower Cheese	Aubergine Bake	Quiche
SIDES	Pasta Garlic Bread Sweetcorn Parmesan Cheese	Rice Dhal Naan Bread Mango Chutnet	Roast Potatoes Green Beans Baton Carrots	Herby Potatoes Roasted Garlic Mushrooms	Chunky Chips Peas Mushy Peas Tartar Sauce
DESSERT	Jellies	Syrup Sponge & Custard	Rice Pudding	Toffee Cheesecake	Selection of Yoghurts

All our soups are vegetarian and gluten free

Gluten free main course and pudding available