

Autscape Menu 2022

Drinks available at every meal

Tea/Coffee/Orange juice: Self serve from machines

Milk: Alpro coconut, soya, almond, Lactofree, Rice dream and goats milk

Breakfast (every day)

From the servery

Sausages: Cumberland, gluten free, vegetable (contains gluten)

Bacon: unsmoked back bacon, vegan 'bacon'

Egg: scrambled (made with semi-skimmed milk), fried egg on request for DF

Hash Browns

Toast: standard and GF

Mushrooms (GF) (DF)

Baked beans (GF)

Grilled tomatoes (GF) (DF)

Individual portions of butter, Flora, sunflower spread, Jams and Marmalade

Cereals - Self serve from containers

Cornflakes

Rice Krispies

Fruit and Fibre

All Bran

Muesli

Granola (GF)

Weetabix (2 in a pack)

Plain Porridge - made with water

Yoghurt - Self serve from large pots

Choice of toppings - Prunes, Grapefruit and Mixed berries DF Yoghurts available

Fresh Fruit

Lunch

Self-serve every day

Cold meat selection

Salad - various salad items served separately and some mixed salads

From the servery every day

Plain jacket potato with optional cheese or flaked tuna topping

Pasta: plain and GF

Soup with freshly made bread (GF bread available in separate sealed baskets)

	Tuesday	Wednesday	Thursday
Soup	Broccoli <i>broccoli, onion, potato, lemon juice</i>	Vegetable <i>carrots, onions, garlic, potato, butternut squash, coriander, spinach</i>	Tomato <i>tomatoes, onions, garlic, potato, ginger, herbs</i>
Mains	Margarita Pizza or Pepperoni Pizza served with potato wedges	Cajun Chicken legs <i>cajun spice, garlic</i> (plain chicken available)	Burgers served in a brioche bun with sweet potato wedges <i>beef, onions, garlic, herbs, gluten and milk</i>
		Cous cous <i>gluten, peppers, onions, garlic, cumin, chilli ginger olive oil, lemon juice, herbs</i>	Tuna Niçoise <i>tuna, beans, new potatoes, olive oil</i>
	Mushroom Risotto (GF) (V) <i>mushroom, rice, white wine, garlic, thyme, vegan butter, soya milk</i>	Vegetable chilli (GF) (DF) (V) <i>aubergine, courgettes, onion, garlic, chilli powder, butternut squash, tomato, kidney beans, herbs, cumin</i> Basmati rice	Vegan Cornish Pasty with sweet potato wedges (V)
		Sour cream tortilla chips with guacamole	
Dessert	Crepes with strawberry sauce & soya cream <i>egg, milk, flour, strawberries</i>	Eton Mess <i>egg, sugar, fruit syrup & cream</i> Fresh Fruit Salad	Tropical mousse
	Fresh fruit salad	Fresh fruit salad	Fresh fruit salad

Dinner every day

From the servery

Plain jacket potato with optional cheese or flaked tuna topping

Soup with freshly made bread (GF bread available in separate sealed baskets)

	Monday	Tuesday	Wednesday
Soup	Broccoli <i>broccoli, onion, potato, lemon juice</i>	Vegetable <i>carrots, onions, garlic, potato, butternut squash, coriander, spinach</i>	Tomato <i>tomatoes, onions, garlic, potato, ginger, herbs</i>
Mains	Roast chicken breast served with optional gravy or tarragon sauce (GF) (DF)	Lamb hot pot (GF) (DF) <i>lamb, potatoes, garlic, red wine, thyme, cinnamon, lamb stock and Knorr gravy</i>	Pork chops with a honey & mustard glaze or apple gravy (GF) (DF)
	Roasted Cod Loin with optional tomato & pepper sauce (GF) (DF) <i>onion, garlic, herb and wine</i>	Steamed hake with a lime & chilli butter (GF)(DF) <i>fish, lime, vegan butter, red chilli, oil, tarragon</i>	Beef casserole (GF) (DF) <i>beef, onions, garlic, potatoes, carrots, celery, tomatoes, red wine, herbs, beef stock</i>
	Courgettes stuffed with roasted vegetables topped with a vegan cheese (V)	Bean & vegetable cassoulet (V) <i>tomatoes, mixed tinned beans, garlic, onion, mixed herbs</i>	Vegetable curry & rice & mango chutney (GF)(DF) <i>onion, garlic, potatoes, chickpeas, spinach, chilli tomatoes, coconut milk</i>
Vegetables	Roast potatoes Green beans	New potatoes Baton carrots Peas	Garlic and rosemary roasted new potatoes Broccoli Carrots
Dessert	Apple crumble (V) <i>tinned apples, vegan butter, flour, sugar & soya milk custard</i>	Orange and chocolate sponge with soya milk chocolate custard	Rice pudding (GF) (DF) made with coconut milk
	Homemade jelly pots	Vanilla pannacotta <i>milk, cream, gelatine, vanilla essence</i> dairy free yoghurts available on request	Banoffee pie <i>flour, butter, cream, banana, chocolate</i>