

# AUTSCAPE 2016 MENU

## **Breakfast - Every Day**

### **Self Service**

Porridge  
Selection of Cereals (some GF)  
Homemade Yoghurt with various Fruit Coulis Toppings  
Dairy free Alpro Yoghurts  
Fresh Fruit  
Bread/Toast (GF bread available)  
Selection of Preserves

### **Cooked Breakfast from the Servery**

including  
Grilled Back Bacon, Free Range Poached Egg, Fresh Tomatoes,  
Baked Beans and Pan Fried Potatoes

### **Drinks**

Chilled Orange or Apple Juice  
Tea/Coffee/Hot Chocolate  
Soya Milk available

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## **Lunch and Dinner Every Day**

### **Self service**

Homemade Bread (GF bread available)  
Homemade Yoghurt with various Fruit Coulis Toppings  
Dairy Free Alpro Yoghurts  
Fresh Fruit

### **Salad Selection**

including  
Lettuce, Tomatoes, Cucumber, Sweetcorn, Mixed Salad Beans, Coleslaw, Vegetable Batons

### **Plain Jacket Potato**

(available for those who cannot eat anything else off the menu)

Cheese  
Tuna

### **Various Condiments**

Including  
Chunky Tartar Sauce for Fish days

### **Drinks**

Chilled Orange or Apple Juice  
Tea/Coffee/Hot Chocolate  
Soya Milk available

**LUNCH**

**Wednesday**

Cream of Mushroom Soup  
 Beef Ragu with Penne Pasta  
 Feta and Basil in Tomato Sauce with Penne Pasta (V)  
 Gf pasta available  
 Garlic Bread  
 Pesto Peppers  
 Sweetcorn

**Dessert**

Ice Cream  
 GF & Dairy free alternative dessert available every day

**Thursday**

Cream of Tomato Soup  
 Selection of Cold Meats and Continental Sausages  
 Tomato and Basil Quiche (V)  
 Garlic and Rosemary Roast Potatoes  
 Plain Roast Potatoes  
 Carrots

**Dessert**

Zesty Lemon Cream

**Friday**

Sweet Potato Soup  
 MCS Breaded Pollock/  
 Plain steamed Pollock  
 Cottage Pie with Gravy & Vegetarian Cottage Pie  
 Chunky Chips  
 Mushy peas  
 Garden Peas

**Dessert**

Chocolate Mousse

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**DINNER**

**Tuesday**

Cream of Mushroom Soup  
 Chicken fillet with separate Tomato, garlic and oregano Sauce  
 Battered Fish Goujons/  
 Plain Boiled Pollock  
 Mushroom Risotto topped With Pumpkin seeds (V)  
 New Potatoes  
 Roast Peppers  
 Broccoli

**Dessert**

Sticky syrup sponge & Custard  
 GF & Dairy free alternative dessert available every day

**Wednesday**

Cream of Tomato Soup  
 Home made Meat Feast or Margarita Pizza  
 Tomato Sauce with Separate Pasta (V)  
 Herby Diced Potatoes  
 Baked Beans  
 Roasted Mediterranean Vegetables

**Dessert**

Meringue topped with Fresh fruit and cream

**Thursday**

Sweet Potato Soup  
 Turkey escalopes with Separate Lemon and Thyme Sauce  
 Lamb and Vegetable Hot Pot with Gravy  
 Three beans on tomato sauce topped with Nacho's, Cheese & Salsa (V)  
 New Potatoes  
 Green Beans  
 Red Cabbage

**Dessert**

Chocolate Pudding & Chocolate sauce

