

# Primary Autumn 2017 Menu: Week 1

30/10 20/11 11/12 01/01 22/01 05/03 26/03



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	<b>Vegetable Supreme Pizza**</b> <i>with Jacket Wedges</i>	<b>Beef &amp; Vegetable Pie</b> <i>with New Potatoes</i>	<b>Roast Turkey</b> <i>with Roast Potatoes &amp; Gravy</i>	<b>Chinese Chicken with Noodles</b>	<b>Crispy Fish &amp; Chips</b>
Alternative Dish	<b>Neapolitan Pasta **</b>	<b>Mexican Vegetable Chilli</b> <i>with Rice</i>	<b>Cheese &amp; Potato Bake</b>	<b>Vegetable Biryani</b>	<b>Veggie Hot Dog</b> <i>with Chips</i>
Vegetables	House Coleslaw Peas	Green Beans Cauliflower	Seasonal Cabbage Carrots	Broccoli Sweetcorn	Baked Beans Peas
Desserts	<b>Wedges of Melon *</b> <b>Orange</b>	<b>Pineapple and Peach Crumble</b> <i>with Custard</i> *	<b>Date Bar</b> <i>served with Yoghurt</i>	<b>Fruit in Jelly</b>	<b>Chocolate and Banana Muffin</b>
Snack	Jacket potato With Cheese or beans	Ham Wrap	Jacket Potato With Tuna	Cheese Sandwich	Jacket Potato with Beans

Cool Water, Fresh Fruit and Yoghurt served daily

\*Fruit Based \*\*Wholegrain



# Primary Autumn 2017 Menu: Week 2

06/11 27/11 18/12 08/01 29/01 19/02 12/03



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	<b>Mac 'N' Cheese</b> <i>Macaroni Cheese</i>	<b>Pork Sausages with Creamy Mash and Gravy</b>	<b>Roast Chicken with Roast Potatoes and Gravy</b>	<b>Beef Chilli with Rice</b>	<b>Golden Fish Fingers &amp; Chips</b>
Alternative Dish	<b>Boston Bean Casserole with Rice **</b>	<b>Vegetarian Sausages with Creamy Mash and Gravy</b>	<b>Quorn Roast with Roast Potatoes with Gravy</b>	<b>Creamy Tomato and Basil Pasta **</b>	<b>Bean and potato Burrito with Chips</b>
Vegetables	Broccoli Crunchy Salad	Carrots Seasonal Cabbage	Peas Sweetcorn	Sweetcorn Green Beans	Baked Beans Peas
Desserts	<b>Chocolate and Mandarin Sponge * with Chocolate Sauce</b>	<b>Oatie Biscuit with Fruit Slices *</b>	<b>Peaches With Homemade Granola &amp; Yoghurt</b>	<b>Carrot &amp; Pineapple Cake Slice</b>	<b>Strawberry Cheesecake</b>
Snack	Jacket potato With Cheese or beans	Cheese Wrap	Jacket Potato With Tuna	Ham Sandwich	Jacket Potato with Beans

Cool Water, Fresh Fruit and Yoghurt served daily

\*Fruit Based \*\*Wholegrain



# Primary Autumn 2017 Menu: Week 3

13/11 04/12 15/01 05/02 26/02 19/03



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	<b>Mozzarella &amp; Tomato Pizza **</b> <i>with Oven Baked Wedges</i>	<b>Marinated Mild Chicken Tikka Thigh</b> <i>With Rice</i>	<b>Honey roast Gammon or FFL Roast Pork</b> <i>with Roast Potatoes and Gravy</i>	<b>Pasta Bolognaise **</b>	<b>Crispy Salmon Fillet***</b> <i>with Chips</i>
Alternative Dish	<b>Quorn Sausage and Tomato Pasta Bake **</b> <i>with a Bread Wedge</i>	<b>Cheese and Sweetcorn Quiche</b> <i>with New Potatoes</i>	<b>Shepherdess Pie</b>	<b>Mild Yellow Vegetable Curry with Rice</b>	<b>Veggie Quesadilla</b> <i>with Chips</i>
Vegetables	Peas Carrots	Sweetcorn Peas	Broccoli Cauliflower	Green Beans Carrots	Baked Beans Peas
Desserts	<b>Strawberry Fro Yoghurt</b>	<b>Apple Cracknell with Custard *</b>	<b>Mini Gingerbread Cake</b> <i>With Fresh Fruit *</i>	<b>Chocolate Sultana Crispie</b>	<b>Creamy Rice Pudding</b> <i>with Fruit</i>
Snack	Jacket potato With beans	Cheese Wrap	Jacket Potato With Tuna	Turkey Sandwich	Jacket Potato with cheese

Cool Water, Fresh Fruit and Yoghurt served daily

\*Fruit Based \*\*Wholegrain

