

# Primary Autumn/Winter 2018 Menu

## Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Crispy Fish &amp; Chips</b> <i>Crispy Battered Pollock with Chips</i>	<b>Beef Burger</b> <i>With Wedges &amp; Salad</i>	<b>Roast Turkey</b> <i>with Roast Potatoes &amp; Gravy</i>	<b>Pork Bolognaise</b> <i>with Pasta **</i>	<b>Mozzarella &amp; Tomato Pizza **</b> <i>With Wedges</i>
<b>Alternative Dish</b>	<b>Quorn Dippers</b> <i>with Chips</i>	<b>Mac &amp; Cheese</b>	<b>Sweet Potato and Chickpea Roast</b> <i>with Roast Potatoes and Gravy</i>	<b>Vegetable and Cream Cheese Crumble</b> <i>with New Potatoes</i>	<b>Cheese &amp; Pepper Quesadilla's</b> <i>with Chips</i>
<b>Vegetables</b>	<b>Baked Beans</b> <b>Crunchy Coleslaw</b>	<b>Carrots</b> <b>Sweetcorn</b>	<b>Green Beans</b> <b>Cauliflower</b>	<b>Carrots</b> <b>Broccoli</b>	<b>Baked Beans</b> <b>Sweetcorn</b>
<b>Desserts</b>	<b>Flapjack</b> <i>with Fruit Slices *</i>	<b>Cheese &amp; Crackers</b>	<b>Lemon Shortbread</b> <i>With Fruit Slices*</i>	<b>Brownie Cake</b>	<b>Chocolate Ice Cream</b>

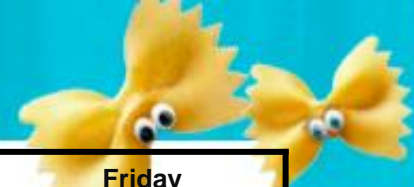
Cool Water, Jacket Potatoes, Salad, Fresh Fruit and Yoghurt served daily

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish



# Primary Autumn/Winter 2018 Menu

## Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Golden Fish Fingers &amp; Chips</b> <i>Breaded Fish Fingers with Chips</i>	<b>Pork Sausages</b> <i>with Cheesy Mash</i>	<b>Roast Beef</b> <i>with Roast Potatoes and Gravy</i>	<b>Beef Lasagne</b> <i>with Garlic &amp; Herb Bread Wedge **</i>	<b>Mozzarella &amp; Tomato Pizza **</b> <i>With Wedges</i>
<b>Alternative Dish</b>	<b>Mediterranean Tart</b> (pastry restricted) <i>with Chips</i>	<b>Vegetarian Sausages</b> <i>with Cheesy Mash</i>	<b>Cauliflower and Broccoli Cheese Bake</b> <i>with Roast Potatoes</i>	<b>Vegetarian Lasagne</b> <i>with Garlic &amp; Herb Bread Wedge **</i>	<b>Vegetable Biryani</b>
<b>Vegetables</b>	<b>Coleslaw</b> <b>Sweetcorn</b>	<b>Baked Beans</b> <b>Green Beans</b>	<b>Carrots</b>	<b>Green Beans</b> <b>Cauliflower</b>	<b>Peas</b> <b>Baked Beans</b>
<b>Desserts</b>	<b>Banana and Apricot Flapjack</b>	<b>Orange Sponge Cake</b>	<b>Oatie Biscuit</b> <i>with Fruit Slices *</i>	<b>Crunchy Chocolate Biscuit</b> <i>with Fruit Slices*</i>	<b>Vanilla Ice Cream</b>

Cool Water, Jacket Potatoes, Salad, Fresh Fruit and Yoghurt served daily

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish



# Primary Autumn/Winter 2018 Menu

## Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Cod Fish Fingers</b> or <b>Salmon Fish Fingers ***</b> <i>with Chips</i>	<b>Chicken Tikka Masala</b> <i>with Rice**</i>	<b>Roast Honey Roast Gammon</b> <i>with Roast Potatoes and Gravy</i>	<b>Beef Macaroni Bake</b> <i>with Garlic &amp; Herb Bread Wedge **</i>	<b>Mozzarella &amp; Tomato Pizza **</b> <i>with Jacket Wedges</i>
<b>Alternative Dish</b>	<b>Baked Bean and Cheese Quesadilla</b> <i>with Chips</i>	<b>Cheesy Bean Pasta</b>	<b>Quorn Roast</b> <i>with Roast Potatoes with Gravy</i>	<b>Vegetable Korma</b> <i>with rice **</i>	<b>Veggie Hot Dog</b> <i>with Wedges</i>
<b>Vegetables</b>	<b>Peas</b> <b>Crunchy Coleslaw</b>	<b>Carrots</b> <b>Green Beans</b>	<b>Sweetcorn</b> <b>Cauliflower</b>	<b>Broccoli</b> <b>Carrots</b>	<b>Peas</b> <b>Baked Beans</b>
<b>Desserts</b>	<b>Creamy Rice Pudding with Peach</b>	<b>Raspberry Ripple Cake</b> <i>With Fruit Slices*</i>	<b>Peach Slice with Custard</b>	<b>Shortbread Fingers</b> <i>with Fruit Slices *</i>	<b>Strawberry Ice Cream</b>

Cool Water, Jacket Potatoes, Salad, Fresh Fruit and Yoghurt served daily

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish

