

Primary Autumn/Winter 2018 Menu

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<i>Vegetable Supreme Pizza With Jacket Wedges</i>	<i>Chicken Tikka Masala With Rice</i>	<i>Roast Turkey with Roast Potatoes & Gravy</i>	<i>Beef Burger With Potato Wedges</i>	<i>Crispy Fish & Chips Crispy Battered Pollock with Chips</i>
Alternative Dish	<i>Veg Balls in Tomato Sauce With Pasta</i>	<i>Creamy Broccoli and Sweetcorn Pasta **</i>	<i>Country Vegetable Pie</i>	<i>Vegetable and Cheese Crumble with New Potatoes</i>	<i>Quorn Dippers with Chips</i>
Vegetables	Sweetcorn Peas	Carrots Seasonal Cabbage	Green Beans Cauliflower	Carrots Broccoli	Peas Baked Beans
Desserts	<i>Flapjack with Fruit Slices *</i>	<i>Pear and Ginger Crumble * with Custard</i>	Chocolate Ice Cream	Brownie Cake	Lemon Shortbread

Cool Water, Fresh Fruit and Yoghurt served daily

*Fruit Based **Wholegrain ***Oily Fish



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Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mozzarella & Tomato Pizza ** with Jacket Wedges	Chicken and Broccoli Pie (pastry restricted) with New Potatoes	Roast Chicken With Roast Potatoes and Gravy	Beef Macaroni Bake with Garlic & Herb Bread Wedge **	Crispy Salmon Fillet with Chips
Alternative Dish	Tomato and Vegetable Savoury Rice	Vegetable Lasagne	Quorn Roast with Roast Potatoes with Gravy	Italian Frittata With Garlic and Herb Bread Wedge	Baked Bean and Cheese Quesadilla with Chips Or Jacket Potato With Cheese and Baked Beans
Vegetables	Sweetcorn Roasted Vegetables	Carrots Green Beans	Seasonal Cabbage Carrot and Swede Mash	Broccoli Sweetcorn	Peas Baked Beans
Desserts	Strawberry Ice Cream	Raspberry Ripple Cake	Shortbread Fingers with Fruit Slices *	Peach Slice	Pineapple Upside Down Cake * with Custard

Cool Water, Fresh Fruit and Yoghurt served daily
*Fruit Based **Wholegrain ***Oily Fish

