

Swansfield Park Primary School

Winter Menu 2018-19

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Bacon Leek and Cheese Pasta	Chilli Con Carne with Rice	Roast Beef Or	Chicken Pie Mashed Potato	100% Cod Fish Fingers
Vegetarian	Quorn Enchilada Rice	Vegetable Lasagne	Vegetarian Quorn Yorkshire Pudding Roast Potatoes	Vegetable Curry Couscous	Quorn Burger Chips
Vegetables	Broccoli Sweetcorn	Peas Carrots	Carrots Parsnips	Mixed Vegetables	Peas
Dessert	Jam Sponge Custard	Semolina Fruit Sauce	Carrot Cake Milk	Vanilla Shortbread Fruit Juice	Chocolate and Beetroot Brownie Milk

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Shepherd's Pie	Tuna Pasta Bake	Roast Turkey or Vegetarian Quorn Stuffing	Mustard Chicken and Winter Veg Mashed Potato	Sausage or Vegetarian Sausage & Chips
Vegetarian	Mushroom and Spring Onion Risotto	Ricotta Tomato and Spinach Frittata	Cranberry Sauce Roast Potatoes	Minced Quorn And Vegetable Pie	Salmon And Sweet Potato Fish Cake
Vegetables	Mixed Vegetables	Peas Sweetcorn	Carrots Green Beans	Broccoli Carrots	Baked Beans
Dessert	Banana and Cinnamon Muffin Milk	Plum and Apple Crumble Ice Cream	Sticky Toffee Pudding Custard	Rice Pudding Fruit Sauce	Cranberry Flapjack Milk

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Chicken & Sweet Potato Curry Rice	Mince & Dumplings Mashed Potato	Roast Pork or Vegetarian Quorn Stuffing.	Spaghetti Bolognese	Scampi Or Pizza Chips
Vegetarian	Macaroni Cheese	Quiche Beans & Wedges	Apple Sauce Roast Potatoes	Veggie Lentil Bake	Quorn Burger Chips
Vegetables	Mixed Vegetables	Farmhouse Vegetables	Swede Cabbage	Carrots Broccoli	Peas And Sweetcorn
Dessert	Cheese Cake	Fruit Oat Cookies Milk	Banana Syrup Sponge & Custard	Jelly with Ice Cream	Apple Yogurt Cake Milk

Yogurts & Fresh Fruit available daily

Available daily: Jacket Potatoes • Wholemeal Bread • Salad Bar

The Filling Station	Jacket Potato with two toppings: Cheese, Beans, Bacon or Tuna Assorted Sandwiches Wraps and Salad Bowls	Paninis Choice of Fillings Assorted Sandwiches Wraps and Salad Bowls	A Selection Of Sandwiches Wraps Salad Bowls	Pasta King Various Toppings Assorted Sandwiches Wraps and Salad Bowls	100% Cod Fish Fingers in a bread roll Assorted Sandwiches Wraps and Salad Bowls
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A Daily Selection

Yogurts • Oaty Biscuits • Fruit • Jelly Pots • Flapjack • Water • Fruit Juice • Milk