

Winter Menu 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1					
MAIN COURSE	Salmon & Tuna Pasta Bake	Jerk Pork Couscous	Roast Beef Yorkshire Pudding	Mustard Chicken Winter Veg Mashed Potatoes	100% Cod Fish Fingers & Chips
VEGETARIAN MAIN COURSE	Quorn & Potato Curry Rice	Roasted Vegetable Crumble	Garlic & Spinach Spaghetti	Mixed Bean & Vegetable Wraps	Cheese & Beanburger & Chips
VEGETABLES	Broccoli Sweetcorn	Peas Carrots	Carrots Parsnips	Mixed vegetables	Peas
DESSERT	Cheesecake	Banana and Syrup sponge & Custard	Plum & Apple Oaty Crumble & Icecream	Fruit & Oat Cookies	Apricot Yoghurt Cake Milk
WEEK 2					
MAIN COURSE	Shepherds Pie	Chicken Korma Rice	Roast Turkey/Stuffing/ Cranberry Sauce Roast Potatoes	Pork Sausage Mashed Potato	Shortcrust Pastry Fish Pie Mashed Potato
VEGETARIAN MAIN COURSE	Filled Jackets Tuna & Sweetcorn or Cheese	Savoury Minced Quorn/New Potatoes	Mushroom & Courgette Risotto	Mixed Pepper Stir Fry with Noodles	Tomato & Mascarpone Pasta
VEGETABLES	Mixed Vegetables	Peas Sweetcorn	Carrots Green Beans	Broccoli Carrots	Peas
DESSERT	Chocolate & Raspberry Muffin/Milk	Fresh Fruit Jelly Ice cream	Sticky Toffee Pudding Custard	Rice Pudding with Cocoa Pears	Coconut & Cherry Flapjack
WEEK 3					
MAIN COURSE	Turkey & Ham Pie New Potatoes	Mince & Dumplings Mashed Potato	Roast Pork/Stuffing/ Apple Sauce Roast Potatoes	Sweet & Sour Chicken Rice	Scampi Chips
VEGETARIAN MAIN COURSE	Butternut Squash & Basil Pasta	Vegetable Paella	Quiche Baked Beans	Quorn Shepherd's Pie	Pizza Chips
VEGETABLES	Mixed Vegetables	Farmhouse Vegetables	Swede Cabbage	Carrots Broccoli	Peas Sweetcorn
DESSERT	Steamed Jam Sponge Custard	Vanilla Shortbread Milk	Iced Cake Custard	Semolina Fruit Sauce	Chocolate Brownie Fruit Juice

A DAILY SELECTION

Yoghurts • Fresh Fruit • Oaty Biscuits • Muffins • Fruit Jelly Pots • Flapjacks • Water • Milk • Fruit Juice

AVAILABLE DAILY

Salads • Jacket Potatoes • Wholemeal Bread • Salad Bar

AVAILABLE DAILY

THE FILLING STATION KEY STAGE 2 CHILDREN ONLY	Pasta King Various Toppings Assorted Sandwiches Wraps and Salad Bowls	Burrito Assorted Sandwiches Wraps and Salad Bowls	A Selection of Sandwiches Wraps Pitta Bread Salad Bowls	Paninis Assorted Sandwiches Wraps and Salad Bowls	100% Cod fish finger wraps Assorted Sandwiches Wraps and Salad Bowls
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