

# Swansfield Park Primary School

## Winter Menu 2019-20

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Chicken and Sweet Potato Curry	Chilli Con Carne with Rice	Roast Beef, Yorkshire Puddings and Roast Potatoes	Chicken Pie with mashed potato	Cod Fish Fingers & Chips
<b>Vegetarian Options</b>	Vegetable Fajita	Vegetable Lasagne	Roast Quorn	Vegetable Curry and Couscous	Quorn Burgers
<b>Vegetables</b>	Peas and Carrots	Broccoli and Sweetcorn	Carrots and Parsnips	Mixed Vegetables	Peas
<b>Dessert</b>	Carrot Cake and Milk	Semolina and Fruit Sauce	Jam and Coconut Sponge and Custard	Vanilla Shortbread and Milkshake	Chocolate and Beetroot Brownies and Fruit Juice
Available daily: Salads, Jacket Potatoes, Wholemeal Bread, Salad Bar and Yogurts					

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Bacon, Leek and Cheese Pasta	Shepherd's Pie	Roast Turkey, Stuffing and Cranberry Sauce and Roast Potatoes	Chicken and Winter Vegetable Casserole Mashed Potatoes	Salmon Fish Cakes & Chips
<b>Vegetarian Options</b>	Quorn Enchiladas	Mushroom and Spring Onion Risotto	Roast Quorn	Spinach and Roasted Veg Pasta	Margarita Pizza
<b>Vegetables</b>	Broccoli and Sweetcorn	Mixed Vegetables	Carrots and Green Beans	Broccoli and Carrots	Peas or baked beans
<b>Dessert</b>	Apple and Cinnamon Muffin and Milk	Plum and Apple Crumble	Chocolate Pudding and Custard	Rice Pudding and Fruit Sauce	Cranberry Flapjack and Milk
Available daily: Salads, Jacket Potatoes, Wholemeal Bread, Salad Bar and Yogurts					

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Spaghetti Bolognese	Chicken and Vegetable Fajitas	Roast Pork, Stuffing and Apple Sauce and Roast Potatoes	Mince and Dumplings	Scampi & Chips
<b>Vegetarian Options</b>	Minced Quorn and Vegetable Pie	Courgette, Potato and Mint Frittata	Roast Quorn	Veggie Lentil Bake	Vegetarian Sausages
<b>Vegetables</b>	Carrots and Broccoli	Green Beans and Sweetcorn	Swede and Cabbage	Farmhouse Vegetables	Peas
<b>Dessert</b>	Cheese Cake	Oat Cookies and Milk	Sultana Steamed Sponge and Custard	Jelly and Ice Cream	Apricot Yogurt Cake and Milk
Available daily: Salads, Jacket Potatoes, Wholemeal Bread, Salad Bar and Yogurts					

<b>The Filling Station</b>	Filled Jacket Potatoes	Paninis	Assorted sandwiches	Pasta King	Fish Finger Sandwiches
<b>Available daily</b>	Assorted Sandwiches, Wraps and Salad Bowls, Yogurts, Oaty Biscuits, Flapjacks, Fruit Jelly Pots, Water, Fruit Juice, Milk				