



# Swansfield Park Primary School

## Winter Menu 2018-19

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Bacon Leek and Cheese Pasta	Chilli Con Carne with Rice	Roast Beef Or	Chicken Pie Mashed Potato	100% Cod Fish Fingers
<b>Vegetarian</b>	Quorn Enchilada Rice	Vegetable Lasagne	Vegetarian Quorn Yorkshire Pudding Roast Potatoes	Vegetable Curry Couscous	Quorn Burger Chips
<b>Vegetables</b>	Broccoli Sweetcorn	Peas Carrots	Carrots Parsnips	Mixed Vegetables	Peas
<b>Dessert</b>	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
<b>Main Course</b>	Shepherd's Pie	Tuna Pasta Bake	Roast Turkey or Vegetarian Quorn Stuffing	Mustard Chicken and Winter Veg Mashed Potato	Sausage or Vegetarian Sausage & Chips
<b>Vegetarian</b>	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
<b>Vegetables</b>	Mixed Vegetables	Peas Sweetcorn	Carrots Green Beans	Broccoli Carrots	Baked Beans
<b>Dessert</b>	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
<b>Main Course</b>	Chicken & Sweet Potato Curry Rice	Mince & Dumplings Mashed Potato	Roast Pork or Vegetarian Quorn Stuffing.	Spaghetti Bolognese	Scampi Or Pizza Chips
<b>Vegetarian</b>	Macaroni Cheese	Quiche Beans & Wedges	Apple Sauce Roast Potatoes	Veggie Lentil Bake	Quorn Burger Chips
<b>Vegetables</b>	Mixed Vegetables	Farmhouse Vegetables	Swede Cabbage	Carrots Broccoli	Peas And Sweetcorn
<b>Dessert</b>	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

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

A Daily Selection

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