



# PRIMARY AUTUMN WINTER 2018/2019 MENU

## WEEK ONE



W/c 21/1/19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Homemade Cheese and Tomato Pizza with Half Jacket Potato	Classic Italian Lasagne al Forno topped with Mozzarella served with Garlic Dough balls	Mild Chicken Curry served with Steamed Brown Rice and Garlic Naan Strips	Our Roast of The Day, served with traditional accompaniments, Roast Potatoes, Sage & Onion Stuffing and Gravy	Freshly Baked Fillet of Battered MSC certified Fish with Chips or Baked Wedges
Vegetarian Main Course	Macaroni Cheese	Roasted Vegetable Sausages, Red Onion Gravy & Creamy Mash	Provençale Vegetable, Basil and Wholemeal Tortilla Lasagne with Garlic Doughballs	Quorn Roast/Lentil Roast with all of the roast dinner trimmings	Baked Vegetable Spring Roll with a Curry Sauce and Vegetable Brown Rice or Chips
Jacket Potato and Filling	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Garden Peas & Broccoli	Fresh Carrots & Sweetcorn	Roasted Peppers & Sweetcorn Savoy Cabbage	Sliced Green Beans & Cauliflower	Garden Peas or Baked Beans
Salads	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread
Dessert	Reduced Sugar Banana & Chocolate Muffin/Cake	Cherry and Sultana Flapjack	Fruit Jelly & Ice Cream	Pear and Cinnamon Cake with Custard	Chocolate Brownie
Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt
Fruit	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter

W/c 21 January 2019





# PRIMARY AUTUMN WINTER 2018/2019 MENU

## WEEK TWO



W/c 28/1/19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Braised Red Tractor Beef, Vegetable and Potato Pie, and it's topped with our delicious shortcrust Pastry	Fresh Salmon and Tuna Organic Pasta Bake with Fresh Herbs and Tomato and Garlic Bread!	Beef Spaghetti Bolognese with homemade garlic bread	Our Roast of The Day, served with all of our Seasons Fresh Vegetables, Roast Potatoes, stuffing and delicious gravy	Freshly Baked Fish Fingers/Goujons with Chips or Baked Wedges
<b>Vegetarian Main Course</b>	Roasted Winter Root Vegetable Casserole topped with Fresh Parsley & Cheddar wholemeal croutons	Baked Vegetable Pizza Slice served with a Fresh Garden Salad	Japanese Oven baked Vegetable Katsu curry with Wholegrain Coriander Rice	Quorn Roast/Lentil Roast with all of the roast dinner trimmings	Oven Baked Bean Burrito with Vegetable Rice or Chips and Arrabiata Sauce
<b>Jacket Potato and Filling</b>	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
<b>Vegetables</b>	Garden Peas & Fresh Carrots	Sweetcorn & Broccoli	Sliced Green Beans & Fresh Carrots	Braised Red Cabbage & Sweetcorn	Garden Peas or Baked Beans
<b>Salads</b>	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
<b>Bread</b>	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread
<b>Dessert</b>	Apple Crumble with Custard	Fruity Flapjack Slice	Fruit Jelly & Ice cream	Banana Gingerbread Pudding and Custard	Blueberry Muffin/Cake
<b>Yoghurt</b>	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt
<b>Fruit</b>	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter

W/c 28 January 2019





# PRIMARY AUTUMN WINTER 2018/2019 MENU

## WEEK THREE



W/c 4/2/19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	British Farm Assured Chicken Sausages & Mash with a Red Onion Gravy	Low and Slow Braised Beef Bolognese with Organic Penne Pasta	Chicken with Wholegrain Rice and a Rustic Tomato Sauce	Our Roast of The Day, served with traditional accompaniments, Roast Potatoes, Yorkshire Pudding and gravy	Freshly Baked Fish Fingers with Chips or Baked Wedges and Garden Peas
<b>Vegetarian Main Course</b>	Bubble and Squeak Frittata Slice served with a Fresh Garden Salad	Braised Mexican Bean Stew with a Mild Spiced Tomato Sauce and Folded Flatbread	Chickpea and Aubergine Dhansak with Wholegrain	Rice Quorn Roast/Lentil Roast with all of the roast dinner trimmings	Vegetarian Brunch Vegetarian Sausage, Baked beans, mushroom & Mini Hash Browns
<b>Jacket Potato and Filling</b>	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
<b>Vegetables</b>	Peas & Broccoli	Sliced Beans & Sweetcorn	Carrots & Savoy Cabbage	Roasted Mediterranean Vegetables Broccoli	Garden Peas or Baked Beans
<b>Salads</b>	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
<b>Bread</b>	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread
<b>Dessert</b>	Eves Pudding & Custard	Superfood Flapjack	Fruit Jelly & Ice Cream	Banana Muffin or Traybake	Chocolate Crunch Slices
<b>Yoghurt</b>	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt
<b>Fruit</b>	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter

W/c 4 February 2019



