



PRIMARY AUTUMN WINTER 2018/2019 MENU

WEEK ONE



W/c 1/4/19	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	Roasted Vegetable Sausages, Red Onion Gravy & Creamy Mash	Macaroni Cheese	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 1 April 2019





PRIMARY AUTUMN WINTER 2018/2019 MENU

WEEK TWO



W/c 8/4/19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Turkey Meatballs with gravy and rice	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
Vegetarian Main Course	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 Arrabbiata Sauce
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 & Fresh Carrots	Sweetcorn & Broccoli	Sliced Green Beans & Fresh Carrots	Braised Red Cabbage & Sweetcorn	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	Apple Crumble with Custard	Fruity Flapjack Slice	Fruit Jelly & Ice cream	Banana Gingerbread Pudding and Custard	Blueberry Muffin/Cake
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 8 April 2019

