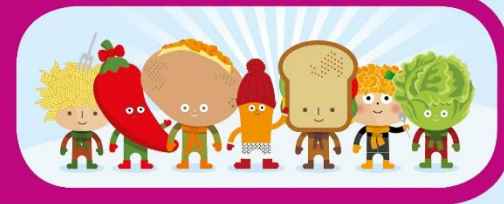


WINTER/SPRING MENU 2017/18



Meat Free Monday

Traditional Tuesday

World Food Wednesday

Thursday Favourites

Fish Friday

Week 1

Vegetarian Bolognese
Cheese Whirl with Tomato Sauce
Jacket Potato Selection
Chipped Potatoes
Wholemeal Spaghetti
Mixed Vegetables
Tutti Frutti Yoghurt

Baked Sausages, Yorkshire Pudding & Onion Gravy
Spanish Omelette
Pasta with Tomato & Herb Sauce
Mashed Potatoes
Cabbage & Carrots
Cream Cheese Dipper

Sweet Chilli Chicken
Quorn Fajita
Pasta with Tomato & Herb Sauce
Baked Jacket Wedges
Mini Corn on the Cob
Parsnip & Apple Sponge with Custard

Beef Stew & Dumplings
Cheese & Potato Bake
Pasta with Bolognese Sauce
Sliced Malted Bloomer
Beetroot & Carrots
Fruit Salad with Mango Frozen Yoghurt

Fish Fingers
Pasta with Tomato & Mascarpone Sauce
Jacket Potato Selection
Mashed Potatoes
Mushy Peas
Jelly & Fruit

Week 2

Vegetable Quiche
Neapolitan Pasta
Jacket Potato Selection
Mashed Potatoes
Garden Peas & Sweetcorn
Fruit Salad with Strawberry Yoghurt

Roast Dinner & Gravy
Quorn Sausage & Gravy
Tomato & Herb Pasta
Roast & Creamed Potatoes
Carrot & Swede
Chocolate & Pear Sponge with Custard

Pasta & Sauce
Homemade Pizza
Jacket Potato Selection
Beans
Coleslaw
Sweetcorn
Cheese & Crackers with Apple & Cucumber Sticks

Lamb Bolognese
Shepardess Pie
Filled Baguette Selection
Wholemeal Spaghetti
Mixed Vegetables
Fruit Dessert Selection

Fish Goujons
Pasta & Sauce
Jacket Potato Selection
Chips
Mushy Peas
Carrot & Pineapple Blondie

Week 3

Homemade Pizza
Vegetable Frittata
Tomato & Herb Pasta
Baked Jacket Wedges
Mini Corn on the Cob
Fruit Salad & Ice Cream

Traditional Lancashire Hotpot
Michelle's Mac 'n' Cheese
Jacket Potato Selection
Sliced Baguette
Beetroot & Carrots
Cheese & Crackers with Carrot & Cucumber Sticks

Homemade Chicken Curry
Vegetarian Sausage Roll & Tomato Sauce
Pasta with Tomato & Mascarpone
Chipped Potatoes
Mixed Vegetables
Oat Crunchie with Fruit Slices

Lasagne
Popeye's Super Spaghetti
Jacket Potato Selection
Garlic Flavoured Bread
Sweetcorn
Fruit Dessert Selection

Salmon & Sweet Potato Fishcake
Cheese Omelette
Pasta with Neapolitan Sauce
Sunshine Rice
Sliced Baguette
Carrots & Garden Peas
Peach Melba

The Fresh Fayre Gang - making your school dinners taste great!

Rodney House