






# Asterdale Primary School Winter Menu 2017






Week 1	Weeks Commencing 30 <sup>th</sup> October, 20 <sup>th</sup> November, 11 <sup>th</sup> December, 15 <sup>th</sup> January, 5 <sup>th</sup> February, 5 <sup>th</sup> March				
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1 Meat Choice</b>	<b>Small Fry Fish</b> Served with Chips or Jacket Potato Peas, Sweetcorn	<b>Chicken Casserole</b> Served with Mashed Potato or Jacket Potato Diced Carrots, Cauliflower Gravy	<b>Beef Chilli</b> Served with Rice or Jacket Potato Baked Beans, Mixed Vegetables	<b>Roast Pork</b> Served with Apple Sauce, Mashed Potato, New Potatoes Carrots, Broccoli Gravy	<b>Beefburger in a Bun</b> Served with Saute Potato or Jacket Potato Sweetcorn, Cherry Tomatoes
<b>Option 2 Vegetarian Choice</b>	<b>Macaroni Cheese</b> Chips or Jacket Potato Served with Peas, Sweetcorn	<b>Meat free Sausage Roll</b> Served with Mashed Potato or Jacket Potato Diced Carrots, Cauliflower Gravy	<b>Jacket Potato with Cheese</b> Served with Baked Beans, Mixed Vegetables	<b>Best of British Quorn Sausage</b> Served with Mashed potato, New Potatoes Carrots, Broccoli Gravy	<b>Veg. Burger in a Bun</b> Served with Saute Potato or Jacket Potato Sweetcorn, Cherry Tomatoes
<b>Dessert of the Day</b>	<b>Mousse</b>	<b>Homemade Biscuit</b>	<b>Marble Sponge with Custard</b>	<b>Flapjack</b>	<b>Carrot Cake</b>
<b>Alternative</b>	<p>Fresh fruit will be available daily. A selection of fruit yogurts will also be available daily.</p> 				
<b>Added Extras</b>	 <p>Unlimited fresh bread. Self-serve salad bar with a variety of salad items will be available daily.</p> 				

Note: Special diets can be catered for and full allergen information is available on request. Please see Joyce Robinson our Catering Manager for more information



# Asterdale Primary School Winter Menu 2017






Week 2	Weeks Commencing 6 <sup>th</sup> November, 27 <sup>th</sup> November, 18 <sup>th</sup> December, 3 <sup>rd</sup> January, 22 <sup>nd</sup> January, 12 <sup>th</sup> February, 12 <sup>th</sup> March				
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1 Meat Choice</b>	<b>Chicken Tikka Wraps</b> Served with Herby Diced Potato Peas, Sweetcorn	<b>Savoury Mince</b> Served with Mashed Potato or Jacket Potato Diced Carrots, Cauliflower Gravy	<b>Fish Cake</b> Served with Jacket Potato with Cheese Rice Baked Beans, Sweetcorn	<b>Roast Chicken</b> Served with Sage and Onion Stuffing Mashed Potato, New Potatoes Broccoli, Carrots Gravy	<b>Sausage</b> Served with Chips or Jacket Potato Spaghetti Hoops, Mixed Vegetables
<b>Option 2 Vegetarian Choice</b>	<b>Homemade Pizza</b> Served with Herby Diced Potato Peas, Sweetcorn	<b>Meat Free Sausage Roll</b> Served with Mashed Potato or Jacket Potato Diced Carrots, Cauliflower Gravy	<b>Fish Cake</b> Served with Jacket Potato with Cheese Rice Baked Beans, Sweetcorn	<b>Best of British Quorn Sausage</b> Served with Mashed potato, New Potatoes Broccoli, Carrots Gravy	<b>Cheese and Onion Roll</b> Served with Chips or Jacket Potato Spaghetti Hoops, Mixed Vegetables
<b>Dessert of the Day</b>	<b>Rice Pudding with Sultanas</b>	<b>Shortbread</b>	<b>Fruit Crumble with Custard</b>	<b>Jelly with Fruit</b>	<b>Iced Sponge</b>
<b>Alternative</b>	<p>Fresh fruit will be available daily. A selection of fruit yogurts will also be available daily.</p> 				
<b>Added Extras</b>	 <p>Unlimited fresh bread. Self-serve salad bar with a variety of salad items will be available daily.</p> 				

Note: Special diets can be catered for and full allergen information is available on request. Please see Joyce Robinson our Catering Manager for more information



# Asterdale Primary School Winter Menu 2017



Week 3	Weeks Commencing 13 <sup>th</sup> November, 4 <sup>th</sup> December, 8 <sup>th</sup> January, 29 <sup>th</sup> January, 26 <sup>th</sup> February, 19 <sup>th</sup> March				
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1 Meat Choice</b>	<b>Meatballs</b> Served with Pasta or Jacket Potato Sweetcorn, Peas	<b>Chicken Pie</b> Served with Mashed Potato or Jacket Potato Cauliflower, Diced Carrots Gravy	<b>Chicken Curry</b> Served with Chips or Rice Baked Beans, Mixed Vegetables	<b>Roast Beef with Yorkshire Pudding</b> Served with Mashed Potato, New Potatoes Carrots, Broccoli Gravy	<b>Salmon / Tuna Wraps</b> Served with Jacket Potato or Potato Wedges Spaghetti Sweetcorn, Cherry Tomatoes
<b>Option 2 Vegetarian Choice</b>	<b>Tomato Pasta Bake</b> Served with Jacket Potato Sweetcorn, Peas	<b>Meat Free Sausage Roll</b> Served with Mashed Potato or Jacket Potato Cauliflower, Diced Carrots Gravy	<b>Fish Fingers</b> Served with Chips or Rice Baked Beans, Mixed Vegetables	<b>Best of British Quorn Sausage</b> Served with Mashed potato, New Potatoes Carrots, Broccoli Gravy	<b>Jacket Potato with Cheese</b> Potato Wedges Spaghetti Sweetcorn, Cherry Tomatoes
<b>Dessert of the Day</b>	<b>Chocolate Crunch with Custard</b>	<b>Jam Doughnuts</b>	<b>Cornflour Biscuit</b>	<b>Cornflake Crispy Cake</b>	<b>Sponge with Custard</b>
<b>Alternative</b>	<p>Fresh fruit will be available daily. A selection of fruit yogurts will also be available daily.</p> 				
<b>Added Extras</b>	 <p>Unlimited fresh bread. Self-serve salad bar with a variety of salad items will be available daily.</p> 				

Note: Special diets can be catered for and full allergen information is available on request. Please see Joyce Robinson our Catering Manager for more information