

Autumn/Winter 2018 Menu



with The Greens

Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 - 29TH OCT, 19TH NOV, 10TH DEC, 14TH JAN, 4TH FEB, 4TH MAR, 25TH MAR				
Tuna Pasta Bake with Freshly Made Herby Focaccia	Cottage Pie with Gravy	Roast Chicken with Sage and Onion Stuffing, Roast Potatoes and Gravy	Lamb Meatballs with Tomato Sauce and Savoury Rice	Fish Fingers with Freshly Made Tomato Ketchup and Chips or Pasta Twists
Cheese and Tomato Pizza with Diced Potatoes	Vegetarian Cottage Pie with Gravy	Vegetable Crumble with Roast Potatoes	Roasted Vegetable and Bean Pasta with Tomato Sauce	Broccoli and Tomato Quiche with Freshly Made Tomato Ketchup and Chips or Pasta Twists
Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings
Peas and Coleslaw	Broccoli and Carrots	Carrots and Savoy Cabbage	Sweetcorn and Salads	Baked Beans and Peas
Pear Sponge with Chocolate Sauce	Jam Biscuit	Ice Cream with Chocolate Sauce	EasiYo Strawberry Mousse	Flapjack with Apple Slices
Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2 - 5TH NOV, 26TH NOV, 17TH DEC, 21ST JAN, 11TH FEB, 11TH MAR, 1ST APR				
Tomato and Basil Pasta Bake	BBQ Pulled Chicken Wrap with Rice	Roast Gammon with Stuffing, Roast Potatoes and Gravy	Pork Sausages with Mash and Gravy	Battered Fish Fillet with Lemon Mayonnaise and Chips or Pasta Twists
Cheese Frittata	Vegetable Lasagne (lentil based)	Vegetable and Chick Pea Wellington with Roast Potatoes and Gravy	Vegetable Pie with Mash and Gravy	Fabulous Falafel Wrap with Lemon Mayonnaise and Chips or Pasta Twists
Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings
Sweetcorn and Peas	Green Beans and Coleslaw	Carrots and Cauliflower	Sweetcorn and Broccoli	Baked Beans and Peas
Shortbread with Fruit Dip	Apple Cake	EasiYo Lemon Mousse	Peaches with Natural Yoghurt and Granola	Chocolate Cornflake Cake with Orange Wedges
Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 - 12TH NOV, 3RD DEC, 7TH JAN, 28TH JAN, 25TH FEB, 18TH MAR				
Mac 'N' Cheese with Freshly Made Tomato Bread	Chicken Curry with Rice	Roast Turkey with Stuffing, Roast Potatoes and Gravy	Beef Burger in a Bap with Tomato Pasta	Fish Fingers or Salmon Fish Fingers with Freshly Made Tomato Ketchup and Chips or Pasta Twists
Vegetable and Bean Pasty with Potato Wedges	Cheese and Bean Quesadilla	Cauliflower and Broccoli Bake with Roast Potatoes	Moroccan Chickpea Tagine with Rice	Cheese and Tomato Quiche with Chips or Pasta Twists
Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings
Peas and Carrots	Sweetcorn and Green Beans	Carrots and Kale	Coleslaw and BBQ Beans	Baked Beans and Peas
Carrot Cake with Custard	Apple Taco with Natural Yoghurt	Fruity Jelly with Ice Cream	Mandarin Cheesecake	Traybake and Fruity Friday (Crunchy Parsnip and Coconut Flapjack with Banana)

Served Daily

Freshly Baked Bread

Seasonal Vegetables/Salads

Fresh Fruit

EasiYo Yoghurt



Dishes with wholegrain ingredients to increase fibre and promote healthy digestion.
 Dishes which contain at least a half portion of vegetables (in addition to the usual allowed sides) served in an appropriate amount (with every meal).
 Desserts which contain at least half a portion of fruit, to help pupils on their way to achieving their 5 A Day!