

SCHOOL MEAL MENU OPTIONS

- Great Food for Thought -



Menu Commencing
January 2018

		HOT MENU WEEK 1	HOT MENU WEEK 2	HOT MENU WEEK 3
MONDAY	MAIN	CHILLI BEEF & VEG JACKET with Mixed Salad	HAM & CHEESE MACARONI Sweet Corn & Peppers with a Salad Garnish	TOAD in the HOLE with Baby Potatoes, Peas & Gravy
	VEGETARIAN OPTION	CHILLI VEG JACKET with Mixed Salad	CHEESE MACARONI Sweet Corn & Peppers with a Salad Garnish	VEGETARIAN TOAD in the HOLE with Baby Potatoes, Peas & Gravy
	PUDDING	YOGURT	YOGURT	YOGURT
TUESDAY	MAIN	HONITON HOT DOG with Criss Cross Fries & Baked Beans	MINCED BEEF COBLER Baby Potatoes & Carrots with Broccoli	CHICKEN PIE in White Sauce Puff Pastry Top with Sweet Corn, Carrots & Rice
	VEGETARIAN OPTION	VEGETARIAN HOT DOG with Criss Cross Fries & Baked Beans	VEGETABLE COBLER Baby Potatoes & Carrots with Broccoli	MIXED VEGETABLE PIE in White Sauce Puff Pastry Top with Rice
	PUDDING	TREACLE SPONGE with Custard	CHOCOLATE MOUSSE	ICED FINGER ROLL
WEDNESDAY	MAIN	ROAST PORK & Apple Sauce with Seasonal Vegetables & Roast Potatoes	ROAST TURKEY & Stuffing with Seasonal Vegetables & Roast Potatoes	ROAST BEEF & Yorkshire Pudding with Seasonal Vegetables & Roast Potatoes
	VEGETARIAN OPTION	QUORN ROAST with Seasonal Vegetables & Roast Potatoes	QUORN ROAST with Seasonal Vegetables & Roast Potatoes	QUORN ROAST with Seasonal Vegetables & Roast Potatoes
	PUDDING	PLAIN FLAPJACK	PLAIN SHORTBREAD	GINGER BREAD MAN
THURSDAY	MAIN	MILD CHICKEN & VEG CURRY with Rice & Naan Bread	PULLED CHICKEN in BBQ Sauce with Rice and Sweet Corn	SPAGHETTI BOLOGNESE with Peas & Carrots
	VEGETARIAN OPTION	CURRIED QUORN PIECES & VEG with Rice & Naan Bread	MIXED VEGETABLES in BBQ Sauce with Rice and Sweet Corn	VEGETABLE BOLOGNESE with Peas & Carrots
	PUDDING	CHOCOLATE CRACKNEL	BANANA BREAD	STICKY TOFFEE PUDDING
FRIDAY	MAIN	COD FISH FINGERS with Peas Tricolore Fusilli with Tomato & Herb Sauce	BATTERED COD with Chips and Peas	COD GOUJONS with Creamy Mashed Potato & Baked Beans
	VEGETARIAN OPTION	VEGETARIAN FINGERS with Peas Tricolore Fusilli with Tomato & Herb Sauce	VEGETABLE BURGER with Chips and Peas	VEGETARIAN FINGERS with Creamy Mashed Potato & Baked Beans
	PUDDING	RASPBERRY RIPPLE MOUSSE	CHOC CHIP SPONGE	JELLY with FRESH FRUIT

Milk and Freshly Baked Wholegrain Bread is included in this Menu with each Meal. Larger sized Adult Portions are also available. Devised and independently verified in accordance to the School Food Plan 2015.

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FRESH FRUIT
FISH
STARCHY INGREDIENTS
ALLERGENS

FRESH FRUIT is available each day in place of a Pudding Choice. Orders are required

The Food Plan recommends each Child has an Oily Fish Portion at least once every three weeks. Fresh Salmon Fish Cakes are available as a substitute on Fish days

When using Rice, Pasta and Flour in our recipes, we use a combination of both White and Brown

A full List of Allergens concerning these Menu choices are available