

**Autumn/Winter Menu 2019/2020**

Our mission is to provide each of our schools with a unique dining experience that is innovative, aspirational, quality assured and excellent value for money.

We can assure you that our ingredients are responsibly, and where possible locally sourced. No ifs, no buts, our menu ingredients are all freshly prepared at your school.

Our vision is to provide amazing and nutritious food where we take fresh raw ingredients and create healthy meals.

The results speak for themselves; access to hearty, wholesome and healthy food every school day.

We are now able to offer an outside catering provision to parents, families and friends. This can range from a private dine to a large wedding or any special occasion. All profits from any catering event are reinvested back into your children's future.

**Rob Stevens**

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[ventruscatering.org.uk](http://ventruscatering.org.uk)

Served daily: Jacket potatoes, bread, salad bar, pasta, fresh fruit, yoghurts and water

**Menu available:**  
28th Oct, 18th Nov, 9th Dec,  
13th Jan, 3rd Feb, 2nd Mar, 23rd Mar

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Hot dogs	Lasagne	Roast chicken, stuffing and gravy	Steak pie	Fish fingers
Vegetarian	Roasted vegetable bolognaise	Veggie sausages with gravy	Vegetable roast	Quorn chilli cups with rice	Quorn nuggets
Served with	Pasta or Potato wedges/peas	Focaccia bread and sweetcorn	Roast/mash and chefs veg	Potato cubes and peas	Tomato ketchup, fries and veggie sticks
Dessert	Jelly and custard	Lemon Drizzle	Fresh fruit	Toffee banana cake	Chocolate cookie

**Menu available:**  
4th Nov, 25th Nov, 16th Dec,  
20th Jan, 10th Feb, 9th Mar

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Pizza	Breaded fish	Roast pork with stuffing and gravy	Beef bolognaise	Crunchy chicken with tomato salsa
Vegetarian	Cheese and tomato pasta bake	Vegetable lasagne	Quorn sausage roll	Haloumi and roasted peppers	Veggie burger
Served with	Croquet potatoes and carrot salad	Wedges and peas	Roast/mash and chefs veg	Pasta and sweetcorn	Tomato ketchup, fries and veggie sticks
Dessert	Fruit Jelly	Banana and blueberry cake	Fresh fruit	Carrot and orange cake	Shortbread finger

**Menu available:**  
11th Nov, 2nd Dec, 6th Jan,  
27th Jan, 24th Feb, 16th Mar

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Macaroni cheese	Brunch grill Sausage and bacon	Roast turkey with stuffing and gravy	Cottage pie	Chicken nuggets
Vegetarian	Quorn hot dogs	Brunch grill Quorn sausage	Cauliflower and broccoli cheese	Pizza	Quorn dippers
Served with	Potato squares and sweetcorn	Hash browns, scrambled egg, beans	Roast/mash and chefs veg	Wedges and peas	Tomato ketchup, fries and veggie sticks
Dessert	Raspberry cake	Chocolate cookies	Fresh fruit	Apple flapjack	Custard biscuits