

Menu Autumn Term 2017 starting w/c 30th October 2017

Week: One

	Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Meat Pasta with a choice of sauces: Tomato & Basil (V), Tomato & Pepperoni, Cheesy Sauce (V)	Meat Fishwich – Fillet of Fish in a crispy crumb served with shredded lettuce & mayo in a brioche bun.	Meat Local Butcher's Roast Chicken with Yorkshire pudding and Gravy	Meat Homemade Beef Lasagne	Meat Oven Baked Crispy Chicken Breast Chunks
	Vegetarian See above vegetarian options	Vegetarian Spicy Bean Burger in a Bun	Vegetarian Roasted Quorn Fillet	Vegetarian Quorn Mince Lasagne	Vegetarian Quorn Dippers
Jacket Potato	with Tuna Mayo or Baked Beans	with Grated Cheese or Baked Beans	with Baked Beans & Side Salad	with Grated Cheese or Baked Beans	with Baked Beans
Side Dish	Fresh Crusty Bread	Oven Baked Edgy Wedges	Roast Potatoes	Garlic Bread	Chips
Vegetables	Salad Bar	Winterslaw and Salad Bar	Fresh Carrots and Broccoli Florets	Salad Bar	Peas/Sweetcorn and Salad Bar
Dessert	Fresh Fruit Platter	Lemon Drizzle Cake	100% Fruit Lolly	Chocolate Brownie with Ice Cream	Apple Eve's Pudding and Custard
Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
Extra bread	Freshly Baked Wholemeal	Freshly Baked Wholemeal	Freshly Baked Wholemeal	Freshly Baked Wholemeal	Freshly Baked Wholemeal

Week: Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Meat Chicken Tikka Masala	Meat All Day Breakfast – Sausage, Bacon and Scrambled Eggs)	Meat Local Butcher's Roast Gammon with yorkshire pudding and gravy	Meat Bacon & Pea Bow-Tie Pasta topped with Cheese	Meat Oven Baked Crispy Fillet of Fish in Bubble Crumb Coating
	Vegetarian Potato & Chickpea Curry	Vegetarian Two Vegetarian Sausages and Scrambled Eggs	Vegetarian Golden Vegetable Loaf	Vegetarian Quorn & Pea Bow-Tie Pasta topped with Cheese	Vegetarian Cheddar Whirls
Jacket Potato	with Baked Beans or Tuna Mayo	with Baked Beans & Side Salad	with Baked Beans	with Grated Cheese or Baked Beans	with Baked Beans or Tuna & Sweetcorn
Side Dish	Rice & Naan Bread	Hash Brown	New Potatoes		Chips
Vegetables	Cucumber Raita	Mushrooms, Baked Tomato & Beans	Fresh Carrots and Cauliflower	Salad Bar	Peas, Beans and Salad Bar
Dessert	Angel Delight	Ice Cream Tubs	Iced Smoothies	Chocolate & Orange Sponge & Choc. Sauce	Fresh Fruit Platter
Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
Extra bread	Freshly Baked Wholemeal	Freshly Baked Wholemeal	Freshly Baked Wholemeal	Freshly Baked Wholemeal	Freshly Baked Wholemeal

Week: Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Meat Slice of Pizza with choice of toppings - Cheese and Tomato (v), Pepperoni, or Ham and Pineapple	Meat Southern Crumbed Chicken Fillet	Meat Local Butcher's Roast Pork with yorkshire pudding and gravy	Meat Homemade Sausage Roll	Meat Oven Baked Youngs Omega 3 Fish Fingers
	Vegetarian Cheese and Tomato Pizza	Vegetarian Southern Crumbed Quorn Fillet	Vegetarian Lentil Roast	Vegetarian Homemade Quorn Sausage Roll	Vegetarian Quorn Dippers
Jacket Potato	with Grated Cheese or Baked Beans	with Tuna Mayo or Baked Beans	with Baked Beans & Side Salad	with Baked Beans or Tuna & Sweetcorn	with Baked Beans or Tuna & Sweetcorn
Side Dish	Warm Italian Couscous	Tomato Spaghetti	Roast Potatoes	Mashed Potato	Chips
Vegetables	Salad Bar	Sweetcorn & Salad Bar	Fresh Carrots and Whole Green Beans	Baked Beans or Peas and Salad Bar	Sweetcorn, Peas and Salad Bar
Dessert	Apple Crumble and Custard	Fresh Fruit Pots	Arctic Roll	Watermelon Wedges	Warm Pancakes with Golden Syrup
Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
Extra bread	Freshly Baked Wholemeal	Freshly Baked Wholemeal	Freshly Baked Wholemeal	Freshly Baked Wholemeal	Freshly Baked Wholemeal

Available everyday: Salad bar (except Wednesday, salad only with a Jacket Potato), Fresh Fruit, Muller Fruit Corner Yoghurt, Wholemeal Bread, Water or Milk.