

Menu Spring Term 2017 starting w/c 2nd January 2017

Week: One

	Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Meat Pasta Day – Combination of plain & wholegrain pasta with a choice of sauces: Tomato (V), Tomato & Pepperoni, Cheesy Sauce (V)	Local Butchers Sausage served with a rich onion gravy	Local Butchers Roast Gammon with yorkshire pudding and gravy	Chicken Breast with optional Tomato topping.	Oven Baked Birds Eye Omega 3 Chunky Fish Finger with tomato ketchup or mayonnaise (optional)
	Vegetarian See above vegetarian options	Vegetarian Sausage & gravy	Roasted Quorn Fillet with vegetarian gravy.	Homemade Macaroni Cheese	Vegetable Nuggets
	Jacket Potato With Grated Cheese	With Baked Beans	With Tuna Mayo or Baked Beans	With Grated Cheese or Baked Beans	With Baked Beans
	Side Dish Homemade Olive Bread	Crispy Potato Slices	Roast Potatoes	Wholegrain & White Rice	Chips
	Vegetables Salad Bar	Fresh Sliced Carrots & Savoy Cabbage	Fresh Sliced Carrots and Cauliflower Florets	Green Beans and Salad Bar	Peas/Baked Beans and Salad Bar
	Dessert Chocolate Brownie and Orange Wedge	Melon, Grape & Apple Pots	Iced Fruit Smoothies	Homemade Chocolate Sponge served with Hot Chocolate Sauce	Vanilla Shortbread Biscuit
	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 Pizza Day - Choose from Pepperoni, Ham and Pineapple or Cheese and Tomato	Homemade Spaghetti Bolognese with Pasta	Local Butchers Roast Turkey with yorkshire pudding and gravy	Homemade Popcorn Chicken Fillett (made with 100% chicken breast)	Local Butcher's Sausage served in a Finger Roll with tomato ketchup (optional)
	Vegetarian Cheese and Tomato Pizza	Quorn Balls in a Rich Tomato Sauce	Vegetarian Toad in the Hole	Quorn Dippers	Vegetarian Sausage in a Finger Roll
	Jacket Potato With Baked Beans	With Chilli or Cheese	With Beans Beans or Tuna Mayo	With Grated Cheese or Baked Beans	With Baked Beans
	Side Dish Corn on the Cob	Wholegrain and White Pasta	Roast Potatoes	Potato Cubes	Chips
	Vegetables Salad bar	Salad Bar	Fresh Sliced Carrots and Broccoli Florets	Sweetcorn and Salad Bar	Peas and Beans
	Dessert Peaches, Meringue and Cream	Homemade Apple Flapjack	Pancakes and Fruit Compote	Homemade Jam Sponge and Custard	Fruit and Melon 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 Jacket Potato Day - Hearty Jacket Potato filled with your favourite filling of Grated Cheese, Baked Beans, Tuna & Sweetcorn or Vegetarian Chilli.	All Day Breakfast – Sausage, Bacon and Scrambled Eggs	Local Butcher's Roast Chicken with yorkshire pudding, stuffing and gravy	Homemade Cottage Pie (made with local butcher's minced beef) & Gravy	Youngs Fish Fingers with tomato sauce (optional)
	Vegetarian Cheese, Beans or Vegetarian Chilli Filling	Two Corn Sausages and Scrambled Eggs	Stuffing topped Quorn Fillet with yorkshire pudding and vegetarian gravy.	BBQ Baked Bean Cottage Pie	Cheddar Cheese Whirl
	Jacket Potato As Above	With Tuna Mayo and Sweetcorn	With Baked Beans	With Tuna Mayo or Baked Beans	With Cheese or Baked Beans
	Side Dish Sweetcorn	Hash Brown	New Potatoes	Fluffy Mashed Potato Topping	Chips
	Vegetables Salad Bar	Baked Beans, Tomato's, Button Mushrooms and Salad Bar	Green Beans and Fresh Sliced Carrots	Fresh Sliced Carrots and Garden Peas	Baked Beans or Sweetcorn and Salad Bar
	Dessert Cookie Dough Crumble and Custard	100% Fruit Lolly	Arctic Roll	Lemon Drizzle Cake	Melon, Pineapple and Grapes
	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.