






Menu Autumn Half-Term 2017 starting w/c 4th Sept 2017

Week: One

Week One						
		Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Meat	Pizza Day - Choose from Cheese and Tomato (v), Pepperoni, or Ham and Pineapple	Local Butchers Sausage served with gravy (optional)	Local Butchers Roast Chicken with Yorkshire pudding and Gravy	Chicken Curry (Very mild with no spice)	Oven Baked Fillet of Fish in a crispy bubble coating
	Vegetarian	See above vegetarian options	Vegetarian Sausage & gravy	Homemade Golden Vegetable Loaf	Vegetable Curry	Omelette
	Jacket Potato	With Grated Cheese or Baked Beans	With Tuna Mayo or Baked Beans	With Tuna Sweetcorn or Baked Beans	With Grated Cheese or Baked Beans	With Baked Beans
	Side Dish	Corn on the Cob	Mashed Potato	Roast Potatoes	Wholegrain & White Rice	Chips
	Vegetables	Salad Bar	Fresh Green Beans and Carrots. Salad Bar	Fresh Carrots and Cauliflower	Salad Bar	Peas/Baked Beans and Salad Bar
	Dessert	Chocolate Cup Cake	Frozen Yoghurt Pots	Fresh Fruit Pot	Cheese and Biscuits with Grapes	Water Melon Wedges
	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

						
Main course	Meat	Pasta Day – Combination of plain & wholegrain pasta with a choice of sauces: Tomato (V), Tomato & Pepperoni, Cheesy Sauce (V)	Chicken Strips and Roasted Vegetables on Flatbread	Local Butchers Roast Gammon with yorkshire pudding and gravy	All Day Breakfast – Sausage, Bacon and Scrambled Eggs)	Oven Baked Omega 3 Chunky Fish Finger with tomato ketchup or mayonnaise (optional)
	Vegetarian	See above vegetarian options	Quorn Pieces and Roasted Vegetables on Flatbread	Macaroni Cheese	Two Vegetarian Sausages and Scrambled Eggs	Quorn Dippers
	Jacket Potato	With Grated Cheese or Baked Beans	With Beans or Tuna Mayo	With Grated Cheese or Baked Beans	With Tuna Sweetcorn or Baked Beans	With Baked Beans
	Side Dish	Homemade Garlic Bread	Fruity Couscous & Sweet Chilli Noodles	New Potatoes	Hash Brown	Chips
	Vegetables	Salad bar	Salad Bar	Fresh Sliced Carrots and Savoy Cabbage	Mushrooms, Tomatoes and Beans	Peas, Beans and Salad Bar
	Dessert	Lemon Shortbread	Raspberry Ripple Buns	Peaches and Ice Cream	100% Fruit Lolly	Strawberry or Chocolate Angel Delight
	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

Week: 11						
<div><div>Monday</div><div>Tuesday</div><div>Wednesday</div><div>Thursday</div><div>Friday</div></div>						
Main course	Meat	Pulled Pork in a Brioche Bun with Shredded Lettuce and Tomato slices	Homemade Spaghetti Bolognaise	Local Butcher's Roast Chicken with yorkshire pudding and gravy	Jacket Potato Day - Jacket Potato filled with your favourite filling of Grated Cheese, Baked Beans, Tuna Mayo or Mild Chicken Curry.	Oven Baked Chicken Chunks
	Vegetarian	Homemade Cheese and Leek Fritter in a Brioche Bun	Spaghetti Pasta in a Rich Tomato Sauce	Roasted Quorn Fillet with yorkshire pudding and vegetarian gravy.	See above vegetarian options	Vegetable Nuggets
	Jacket Potato	With Cheese or Baked Beans	With Tuna Mayo or Baked Beans	With Baked Beans	As above	With Baked Beans
	Side Dish	Corn on the Cob	Homemade Garlic Bread	Roast Potatoes	Homemade Coleslaw	Chips
	Vegetables	Salad Bar	Salad Bar	Fresh Carrots and Broccoli	Salad Bar	Sweetcorn, Peas and Salad Bar
	Dessert	Fruit Smoothie	Apple Flapjack	Chocolate Brownie and Orange Wedge	Melon Platter	Pineapple Sponge 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

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