

AUTUMN/WINTER 2015

Week commencing

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

02/09/2015
21/09/2015
12/10/2015
09/11/2015
30/11/2015
04/01/2016
25/01/2016

Chicken and Pasta Bake
OR
Mexican Vegetable Burrito
OR
Ham or Cheese Baguette
.....
Herby Diced Potatoes,
Sweetcorn & Broccoli
.....
Fruit Salad

Beef Lasagne
OR
Vegetable Hotdog
OR
Tomato Soup with a Baguette
.....
Oven Baked Wedges,
Mixed Salad & Carrots
.....
Chocolate Crunch

Roast Turkey and Stuffing
OR
Broccoli and Pasta Bake
OR
Jacket Potato and Baked Beans
.....
Roast Potatoes,
Sweetcorn & Green Beans
.....
Ice Cream

Butchers Sausages and Gravy
OR
Vegetable Chow Mein
OR
Turkey Salad
.....
Mashed Potatoes, Yorkshire
Pudding, Roasted Root
Vegetables & Mashed Swede
.....
Apple Sponge and Custard

Fish Goujons
OR
Whole Grain Roasted
Vegetable Tart
OR
Jacket Potatoes with
Cheese and Beans
.....
Homemade Jacket Wedges,
Peas & Baked Beans
.....
Flapjack

Week 2

07/09/2015
28/09/2015
19/10/2015
16/11/2015
07/12/2015
11/01/2016
01/02/2016

Beef Burger in a Bun
OR
Vegetable Burger
OR
Ham or Cheese Baguette
.....
Ranch Potatoes &
Mixed Salad
.....
Shortbread

BBQ Chicken
OR
Wholemeal Cheese
and Tomato Pizza
OR
Tomato Soup with a Baguette
.....
New Potatoes,
Peas & Carrots
.....
Fruit Crumble and Custard

Roast Gammon and Gravy
OR
Cauliflower Cheese
OR
Jacket Potato with Tuna Mayo
.....
Roast Potatoes, Yorkshire
Pudding, Pan Fried
Courgettes & Broccoli
.....
Yoghurt

Chicken Korma
OR
Vegetable Sausage Pizza
OR
Ham Salad
.....
Boiled Rice & Sweetcorn
and Peppers
.....
Pear and Chocolate
Sponge with Custard

Harry Ramsden Battered Fish
OR
Red Onion and Cheese Quiche
OR
Jacket Potato Cheese and Beans
.....
Homemade Jacket Wedges,
Peas & Baked Beans
.....
Iced Bun

Week 3

14/09/2015
05/10/2015
02/11/2015
23/11/2015
14/12/2015
18/01/2016
08/02/2016

Spicy Beef Wholemeal Pizza
OR
Roasted Vegetable
and Cheddar Roll
OR
Ham or Cheese Baguette
.....
Homemade Oven
Baked Wedges & Mixed Salad
.....
Chocolate Oat Cake

Lamb Kofte with Pitta Bread
OR
Cheese and Tomato Puff
OR
Tomato Soup with a Baguette
.....
Herby Cous Cous & Medley of
Vegetables
.....
Apple and Banana Crisp

Roast Chicken with
Stuffing and Gravy
OR
Linda McCartney
Vegetable Sausages
OR
Jacket Potato and Cheese
.....
Roast Potatoes, Carrots
& Broccoli
.....
Ice Cream

Spanish Omelette
OR
Macaroni Cheese
OR
Salmon Salad
.....
New Potatoes &
Roasted Vegetables
.....
Peach Crumble and Custard

Fish Fingers
OR
Quorn Korma
OR
Jacket Potato with
Chicken Mayo
.....
Chips, Peas & Baked Beans
.....
Jam Roly Poly and Custard

Fresh bread, fresh fruit and fresh drinking water available daily

The second choice each day is suitable for vegetarians.
Fruit and vegetables are seasonal and where possible are also locally sourced.