

October 2018 - April 2019

Monday Tuesday Wednesday Thursday Friday

Dates week commencing

29th Oct, 19th Nov, 10th Dec, 7th Jan, 28th Jan, 25th Feb, 18th Mar

Option 1	Sausage and Mash with Gravy	Pasta Bolognese	Roast Chicken with Roast Potatoes or Mash	Meat Feast Pizza	Fish Fingers with Chips or Rice
Option 2	Quorn Sausage and Mash with Gravy	Macaroni Cheese	Vegetable and Butterbean Patty with Roast Potatoes or Mash	Margherita Pizza	Quiche with Chips or Rice
Alternative Option	Jacket Potato with choice of fillings	Jacket Potato with choice of fillings	Jacket Potato with choice of fillings	Jacket Potato with choice of fillings	Jacket Potato with choice of fillings
Vegetables	Carrots/Green Beans	Broccoli/Sweetcorn	Carrots/Cabbage/Peas	Sweetcorn	Baked Beans/Peas
Dessert of the day	Apple Crumble and Custard	Sticky Toffee Pudding	Frozen Strawberry Yoghurt	Jelly and Fruit	Flapjack

Dates week commencing

5th Nov, 26th Nov, 17th Dec, 14th Jan, 4th Feb, 4th Mar, 25th Mar,

Option 1	Chicken Pie and New Potatoes	Beef Burger and Wedges	Roast Turkey with Roast Potatoes or Mash	Piri Piri Chicken Pizza	Battered Fish with Chips or Rice
Option 2	Vegetable Chilli Con Carne and Rice	Quorn Burger and Wedges	Roast Vegetarian Strips with Roast Potatoes or Mash	Margherita Pizza	Vegetable Fajitas with Chips or Rice
Alternative Option	Jacket Potato with choice of fillings	Jacket Potato with choice of fillings	Jacket Potato with choice of fillings	Jacket Potato with choice of fillings	Jacket Potato with choice of fillings
Vegetables	Broccoli/Sweetcorn	Cauliflower/Peas	Carrots/Swede/Broccoli	Sweetcorn	Baked Beans/Peas
Dessert of the day	Rice Pudding	Jelly and Fruit	Fruit Salad	Lemon Cake	Chocolate Cake with Chocolate Custard

Dates week commencing

12th Nov, 3rd Dec, 21st Jan, 11th Feb, 11th Mar, 1st Apr

Option 1	Hot Dog and Wedges	Mince and Mash	Roast Chicken with Roast Potatoes or Mash	BBQ Chicken Pizza	Fish Fingers with Chips or Rice
Option 2	Quorn Hot Dog and Wedges	Cheese and Tomato Pasta Bake	Vegetable and Butterbean Puff with Roast Potatoes or Mash	Margherita Pizza	Broccoli, Cauliflower and Courgette Crumble with Chips or Rice
Alternative Option	Jacket Potato with choice of fillings	Jacket Potato with choice of fillings	Jacket Potato with choice of fillings	Jacket Potato with choice of fillings	Jacket Potato with choice of fillings
Vegetables	Carrots/Green Beans	Peas/Broccoli	Swede/Carrots/Peas	Roasted Veg/Sweetcorn	Baked Beans/Peas
Dessert of the day	Pineapple Upside Down Cake and Custard	Raisin and Oat Cookie	Frozen Toffee Yoghurt	Pear and Chocolate Sponge and Custard	Chocolate Cracknell



Feeding Hungry Minds

The following are available daily: Freshly prepared salad bar containing 4-6 choices (minimum of 3 with no dressing)
Selection of seasonal fresh fruit and low fat yoghurts
Chilled water
The carbohydrate is incorporated in the whole dish unless otherwise stated

