

# October 2017 - March 2018

Dates week commencing **Week 1: 30th October, 20th November, 11th December, 1st January, 22nd January, 19th February, 12th March,**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Pork Sausage, Mash and Gravy	Beef Spaghetti Bolognese	Roast Chicken, Mashed Potatoes/Roast Potatoes and Gravy	Chicken and Sweetcorn Pizza	Fish Fingers and Chips/Rice
<b>Option 2</b>	Quorn Sausage, Mash and Gravy	Vegetarian Spaghetti Bolognese	Vegetable and Lentil Loaf and Gravy with Mashed Potatoes/Roast Potatoes	Margherita Pizza	Cauliflower and Broccoli Bake Chips or Rice
<b>Alternative Option</b>	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings
<b>Vegetables</b>	Carrots Green Beans	Cauliflower Broccoli	Carrots Cabbage and Swede	Sweetcorn Cucumber	Peas Baked Beans
<b>Dessert of the day</b>	Apple and Berry Sponge with Berry Sauce	Apple and Cinnamon Crumble with Vanilla Sauce	Jelly and Fruit	Fruity Muffin	Chocolate Cracknell

Dates week commencing **Week 2: 6th November, 27th November, 18th December, 8th January, 29th January, 26th February, 19th March**

<b>Option 1</b>	Chili Con Carne and Rice	Lemon and Garlic Chicken Thighs, Boiled Potatoes	Roast Turkey, New Potatoes/Roast Potatoes and Gravy	Chicken Korma and Rice	Fish Fingers and Chips/Rice
<b>Option 2</b>	Macaroni Cheese	Potato Red Onion and Cheese Frittata	Vegetable & Butterbean Puff with Roast Potatoes/New Potatoes	Margherita Pizza	Quorn Frankfurter and Chips/Rice
<b>Alternative Option</b>	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings
<b>Vegetables</b>	Green Beans Sweetcorn	Minted Peas Carrots	Vegetable Medley	Sweetcorn	Peas Baked Beans
<b>Dessert of the day</b>	Peach Crumble and Custard	Oat and Raisin Biscuit	Syrup Sponge and Custard	Jelly and Fruit	Pear and Chocolate Sponge

Dates week commencing **Week 3: 13th November, 4th December, 15th January, 5th February, 5th March, 26th March**

<b>Option 1</b>	Pork Sausage, and Wedges	Chicken and Vegetable Chow Mein	Roast Chicken, Mashed Potatoes/Roast Potatoes with Gravy	Beef Lasagne	Fish Fingers and Chips/Rice
<b>Option 2</b>	Quorn Sausage and Wedges	Neopolitan Pasta	Butternut Squash & Chickpea Pattie with Roast Potatoes	Margherita Pizza	Roasted Vegetable Lasagne
<b>Alternative Option</b>	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings	Jacket Potato with various fillings
<b>Vegetables</b>	Green Beans Carrots	Broccoli Peas	Carrots Cabbage Parsnips	Sweetcorn	Peas Baked Beans
<b>Dessert of the day</b>	Eve's Pudding and Custard	Jam Sponge	Jelly and Fruit	Fruity Flapjack	Crispy Cake



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