

# Primary Autumn 2017 Menu

## Week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	<b>Vegetable Supreme Pizza**</b> <i>with Jacket Wedges</i>	<b>Beef &amp; Vegetable Pie</b> <i>with New Potatoes</i>	<b>Roast Turkey</b> <i>with Roast Potatoes &amp; Gravy</i>	<b>Chinese Chicken with Noodles</b>	<b>Crispy Fish &amp; Chips</b>
Alternative Dish	<b>Neapolitan Pasta **</b>	<b>Mexican Vegetable Chilli</b> <i>with Rice</i>	<b>Cheese &amp; Potato Bake</b>	<b>Vegetable Biryani</b>	<b>Veggie Hot Dog</b> <i>with Chips</i>
Vegetables	House Coleslaw Peas	Green Beans Cauliflower	Braised Red Cabbage Carrots	Broccoli Sweetcorn	Baked Beans Peas
Desserts	<b>Wedges of Melon *</b> <b>Orange</b>	<b>Pineapple and Peach Crumble</b> <i>with Custard *</i>	<b>Date Bar</b> <i>served with Yoghurt</i>	<b>Fruit in Jelly</b>	<b>Chocolate and Banana Muffin</b>

Cool Water, Fresh Fruit and Yoghurt served daily

\*Fruit Based \*\*Wholegrain



# Primary Autumn 2017 Menu

## Week 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hot Main Dish</b>	<b>Mac 'N' Cheese</b> <i>Macaroni Cheese</i>	<b>Pork Sausages</b> <i>with Creamy Mash and Gravy</i>	<b>Roast Chicken</b> <i>with Roast Potatoes and Gravy</i>	<b>Beef Chilli</b> <i>with Rice</i>	<b>Golden Fish Fingers &amp; Chips</b>
<b>Alternative Dish</b>	<b>Boston Bean Casserole</b> <i>with Rice **</i>	<b>Vegetarian Sausages</b> <i>with Creamy Mash and Gravy</i>	<b>Quorn Roast</b> <i>with Roast Potatoes with Gravy</i>	<b>Creamy Tomato and Basil Pasta **</b>	<b>Bean and potato Burrito</b> <i>with Chips</i>
<b>Vegetables</b>	Broccoli Crunchy Salad	Carrots Seasonal Cabbage	Peas Swede	Sweetcorn Green Beans	Baked Beans Crunchy Light Coleslaw
<b>Desserts</b>	<b>Chocolate and Mandarin Sponge</b> <i>* with Chocolate Sauce</i>	<b>Oatie Biscuit</b> <i>with Fruit Slices *</i>	<b>Peaches With Homemade Granola</b> <i>&amp; Yoghurt</i>	<b>Carrot &amp; Pineapple Cake Slice</b>	<b>Strawberry Cheesecake</b>

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# Primary Autumn 2017 Menu

## Week 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	<b>Mozzarella &amp; Tomato Pizza **</b> <i>with Oven Baked Wedges</i>	<b>Marinated Mild Chicken Tikka Thigh</b> <i>With Rice</i>	<b>Honey roast Gammon or</b> <i>with Roast Potatoes and Gravy</i>	<b>Pasta Bolognaise **</b>	<b>Crispy Salmon Fillet***</b> <i>with Chips</i>
Alternative Dish	<b>Quorn Sausage and Tomato Pasta Bake **</b> <i>with a Bread Wedge</i>	<b>Cheese and Sweetcorn Quiche</b> <i>with New Potatoes</i>	<b>Shepherdess Pie</b>	<b>Mild Yellow Vegetable Curry</b> <i>with Rice</i>	<b>Veggie Quesadilla</b> <i>with Chips</i>
Vegetables	Peas Apple Slaw	Broccoli Fresh Tomato Salsa	Roast Parsnips Sweetcorn	Green Beans Carrots	Baked Beans Peas
Desserts	<b>Strawberry Fro Yoghurt</b>	<b>Apple Cracknell</b> <i>with Custard *</i>	<b>Mini Gingerbread Cake</b> <i>With Fresh Fruit *</i>	<b>Chocolate Sultana Crispie</b>	<b>Creamy Rice Pudding</b> <i>with Fruit</i>

Cool Water, Fresh Fruit and Yoghurt served daily

\*Fruit Based \*\*Wholegrain

