

Primary Autumn Winter 2019 Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mac 'N' Cheese Pasta spirals in a tasty cheesy sauce	Chinese Chicken Noodles A classic Chinese chicken noodle dish packed with flavour	Roast Gammon with Roast Potatoes and Gravy Traditional Roast dinner with Roast Gammon	Beef Tortilla Pie with a Rice side ** Beef mince layered onto tortilla wraps, stacked, baked and topped with gooey cheese	Salmon Fish Fingers *** and Chips A classic fish finger lunch
Alternative Dish	Mexican Bean and Potato Wrap with a Rice side** Tortilla wrap stuffed with fajita seasoned beans and cubed potato in a cheesy tomato sauce	Cheese and Tomato Pizza ** with Potato Wedges Simple but classic!	Quorn Roast with Roast Potatoes and Gravy Traditional vegetarian roast with Quorn	Veggie Pizza Hot Dog with Potato Wedges Two of the favourites combined... a veggie hot dog covered in a Pizza sauce and melted cheese	Cheese and Sweetcorn Omelette with Chips A baked vegetarian omelette
Vegetables	Broccoli and Cauliflower Medley Green Beans	Peas Carrots	Carrots Cabbage	Sweetcorn Mediterranean Vegetables	Baked Beans Peas
Desserts	Chocolate Slice *	Orange Drizzle Cake	Shortbread Biscuit	Banana and Berry Cobbler * with Custard	Peach and Chocolate Sponge

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish



Primary Autumn Winter 2019 Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Spaghetti Bake A twist on the classic favourite Spaghetti Quorn Bolognese - baked and topped with melted cheese	Chinese Chicken with a Rice side** Zingy Chinese Lemon & Ginger Chicken	Roast Pork with Roast Potatoes and Gravy Traditional Roast dinner with Roast Pork	BBQ Beef Meatballs Delicious Texan inspired BBQ beef meatballs in a tomato sauce with pasta spirals**	Fish Fingers and Chips A classic fish finger lunch
Alternative Dish	Cheese and Tomato Pizza** with Potato Wedges Simple but classic!	Quorn Bolognese** A classic Quorn Italian Bolognese	Sweet Potato and Chickpea Roast with Roast Potatoes with Gravy A twist on the classic vegetarian Roast with a Sweet Potato and Chickpea roast slice	Butternut Squash and Tomato Bake with a Rice side** Veggie, tomato bake topped off with golden bread crumbs for an added crunch	Caramelised Red Onion and Mozzarella Tart with Chips Delicious light vegetarian tart
Vegetables	Sweetcorn Broccoli	Peas Roasted Peppers and Sweetcorn	Roast Parsnip Carrots	Green Beans Broccoli and Cauliflower Medley	Baked Beans Peas
Desserts	Mango Frozen Yoghurt	Plum and Apple Shortcake Crumble* with Custard	Flapjack with Fruit Slices *	Chocolate Cake	Raspberry Yoghurt Cake

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Primary Autumn Winter 2019 Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza ** with Potato Wedges Simple but classic!	Pork Sausages with Mashed Potato and Gravy Simple but classic... sausage and mash	Roast Turkey with Roast Potatoes and Gravy Traditional Roast dinner with Roast Turkey	Beef Bolognese ** A classic Italian beef Bolognese	Crispy Fish with Chips Traditional fish and chips dinner
Alternative Dish	Vegetable Bake with Rice ** Beans in a tomato and Mediterranean veg sauce topped with crunchy breadcrumbs	Vegetarian Sausages with Mashed Potato and Gravy A classic Quorn sausage and mash	Vegetable Pastry Slice with Roast Potatoes and Gravy A tasty mix of vegetables wrapped in delicious puff pastry	Mild Sweet Potato Curry with Rice ** A mild Indian sweet potato and chickpea Tikka Masala	Tomato and Quorn Wrap with Chips A filled soft tortilla wrap folded into the shape of a cone
Vegetables	Carrots Peas	Roasted Peppers and Sweetcorn Green Beans	Cabbage Carrot and Swede Mash	Broccoli Mediterranean Vegetables	Peas Baked Beans
Desserts	Creamy Baked Orange and Vanilla Rice Pudding	Oatie Biscuit with Fruit Slices *	Strawberry Frozen Yoghurt	Chocolate and Raspberry Swirl Cake with Custard	Banana and Cinnamon Cake *

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*Fruit Based **Wholegrain ***Oily Fish

