

# Primary Autumn Winter 2019 Menu

## Week 1

Week commencing – 28/10, 18/11, 09/12, 13/01, 03/02, 02/03, 23/03

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

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

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish



# Primary Autumn Winter 2019 Menu

## Week 2

Week commencing – 06/11, 25/11, 16/12, 20/01, 10/02, 09/03, 30/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<b>Spaghetti Bake</b> A twist on the classic favourite Spaghetti Quorn Bolognese - baked and topped with melted cheese	<b>Chinese Chicken with a Rice side**</b> Zingy Chinese Lemon & Ginger Chicken	<b>Roast Chicken with Roast Potatoes and Gravy</b> Traditional Roast dinner with Roast Pork	<b>BBQ Beef Meatballs</b> Delicious Texan inspired BBQ beef meatballs in a tomato sauce with pasta spirals**	<b>Fish Fingers and Chips</b> A classic fish finger lunch
Alternative Dish	<b>Cheese and Tomato Pizza ** with Potato Wedges</b> Simple but classic!	<b>Chinese Veggie Noodles</b> 93135245 Mixed vegetables and noodles coated in a Chinese 5 spice seasoning	<b>Sweet Potato and Chickpea Roast with Roast Potatoes with Gravy</b> A twist on the classic vegetarian Roast with a Sweet Potato and Chickpea roast slice	<b>Butternut Squash and Tomato Bake with a Rice side **</b> Veggie, tomato bake topped off with golden bread crumbs for an added crunch	<b>Caramelised Red Onion and Mozzarella Tart with Chips</b> Delicious light vegetarian tart
Deli Offer		Jacket Potato Bar with choice of fillings		Bap Bar with choice of fillings	
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

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

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# Primary Autumn Winter 2019 Menu

## Week 3

Week commencing – 11/11, 02/12, 06/01, 27/01, 24/02, 16/03

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

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

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish

