

Primary Autumn / Winter Menu 2017/18

		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week 1</b>	<b>Main Meal</b>	Smothered Chicken in a Tomato Sauce with Savoury Rice and Sweet corn	Beef Spinach and Broccoli Grill served in Bun, with Baked Beans, Oven Baked Chipped Potatoes and a Tomato Dip	Chicken and Sweet Potato Curry served with Rice	Pasta Bolognese (beef) served with Garlic Bread	Breaded Fish Fillet served with Baked Beans, Oven Baked Herby Diced Potatoes
	<b>Main Meal (non meat) Choice</b>	Vegetable Pasta Bake served Crusty Bread	Quorn Biryani served with Naan Bread	Cheese Omelette served with Hash Brown and Spaghetti Hoops	Burrito with Mixed Salad	Vegetarian Sausage Roll served with Baked Beans, Oven Baked Herby Diced Potatoes
	<b>Jacket Potato</b>	Jacket Potato served with either Baked Beans, Tuna Mayonnaise, Homemade Coleslaw or Cheddar Cheese ( 3 available daily)				
	<b>Pudding</b>	Frozen Smoothie	Fruit Sponge with Custard	Fruity Day	Chocolate and Orange Muffin	Muffin with a Butter Cream Filling
	<b>Pudding</b>	Shortbread Biscuit	Chocolate Cookie with ½ Fruit	Cheese and Biscuits	Oaty Biscuit with ½ Fruit	Cheese and Biscuits
	<b>Pudding</b>	Selection of Fresh Fruits /Yoghurt				

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<b>Week 2</b>	<b>Main Meal</b>	Sliced Turkey, Gravy served with Broccoli, Roast Potatoes	Chicken Curry served with Rice, Naan Bread	Pork Sausages served with Baked Beans, Creamed Potatoes	Homemade Lamb Meat Pie served with New Potatoes, Farmhouse Vegetables and Gravy	Fish Finger Wrap served with Oven Baked Chipped Potatoes, Peas and a Tomato Dip
	<b>Main Meal (non meat) Choice</b>	Brunch (Sausage, Hash Brown, Omelette, Baked Beans) served with ½ Tomato	Cheese and Tomato Pizza served with Herby Diced Potatoes and Tomato Salsa	Country Bake, Baked Beans and creamed potatoes	Vegetarian “meat balls” in Tomato & Basil Sauce served with Pasta and Crusty Bread	Quiche served with Oven Baked Chipped Potatoes, Peas and a Tomato Dip
	<b>Jacket Potatoes</b>	Jacket Potato served with either Baked Beans, Tuna Mayonnaise, Homemade Coleslaw or Cheddar Cheese, ( 3 available daily )				
	<b>Pudding</b>	Chocolate Muffin	Lemon Drizzle Cake	Fruity Day	Arctic Roll	Fruit Sponge with Custard
	<b>Pudding</b>	Ginger Biscuit with ½ Fruit	Viennese Biscuit with ½ Fruit	Cheese and Biscuits	Chocolate Biscuit with ½ Fruit	Cheese and Biscuits
	<b>Pudding</b>	Selection of Fresh Fruits/ Yoghurts				

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		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 3</b>	<b>Main Meal</b>	Turkey Meatball Sub Roll with Oven Baked Chipped Potatoes and Mixed Salad	Chicken Fajita served with Oven Baked Jacket Wedges, Sweet corn	Marinated Chicken served with Savoury Rice and Peas	Beef Lasagne served with Garlic Bread	Fish Fingers served with Creamed Potatoes and Baked Beans
	<b>Main Meal (non meat) Choice</b>	Chick Pea Vegetable Curry with Rice and Cucumber Dice	Cheese and Tomato Pizza served with Oven Baked Jacket Wedges, Sweet corn and a Tomato Dip	Quorn Sausage served with Creamed Potatoes and Spaghetti Hoops	Homemade Cheese and Onion Quiche served with Baked Beans, Hash Browns	Vegetable Nuggets served with Creamed Potatoes and Baked Beans
	<b>Jacket Potato</b>	Jacket Potato served with either Baked Beans, Tuna Mayonnaise, Homemade Coleslaw or Cheddar Cheese ( 3 available daily)				
	<b>Pudding</b>	Fudge Brownie Slice	Iced Sponge	Fruity Day	Fruit Jelly with a Cream Topping	Oaty Fruit Crumble served with Custard
	<b>Pudding</b>	Shortbread Biscuit with ½ Fruit	Wagon Wheel Biscuit with ½ Fruit	Cheese and Biscuits	Lemon Cookie with ½ Fruit	Cheese and Biscuits
	<b>Pudding</b>	Selection of Fresh Fruits/ Yoghurt				