Autumn Winter 2019 Menu
Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	**Mac 'N' Cheese** *Pasta spirals in a tasty cheesy sauce*	**Chicken Tikka Masala with a Rice side **** A classic mild and creamy curry	**Roast Beef *with Roast Potatoes and Gravy*** Traditional Roast dinner with Roast Beef	**Beef Tortilla Pie *with a Rice side ***** Beef mince layered onto tortilla wraps, stacked, baked and topped with gooey cheese	**Salmon or Cod 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** A vegetarian version of the classic Roast	**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 & Sweetcorn Omelette and Chips** A baked Vegetarian omelette
Jacket Potato Station **Jacket Potatoes available daily with a choice of fillings**					
Vegetables	**Broccoli and Cauliflower Medley** **Green Beans**	**Peas** **Carrots**	**Carrots** **Cabbage**	**Sweetcorn** **Mediterranean Vegetables**	**Baked Beans** **Peas**
Desserts	**Chocolate Slice ***	**Berry Flapjack**	**Shortbread Biscuit**	**Banana and Berry Cobbler *** *with Custard*	**Peach and Chocolate Sponge**

WEEK COMMENCING : 28/10/19 18/11/19 9/12/19,
30/12/20 20/1/20 10/2/20 02/03/20 23/03/20

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt Available Daily

*Fruit Based **Wholegrain ***Oily Fish

Autumn Winter 2019 Menu
Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	**Baked Bean & Cheese Wrap with Potato Wedges** Commonly Know as a Quesadilla, a twist on the classic with baked beans and cheese	**Chinese Chicken *with a Rice side***** Zingy Chinese Lemon & Ginger Chicken	**Roast Turkey *with Roast Potatoes and Gravy*** Traditional Roast dinner with Roast Turkey	**Traditional Beef Lasagne with a Garlic & Herb Bread Wedge **** A classic Italian layered pasta dish with beef mince	**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	**Quorn Balls In Tomato Sauce *with Pasta*** Tasty Quorn balls in a tomato sauce with pasta spirals	**Caramelised Red Onion and Mozzarella Tart *with Chips*** Delicious light vegetarian tart
Jacket Potato Station **Jacket Potatoes available daily with a choice of fillings**					
Vegetables	**Sweetcorn** **Broccoli**	**Peas** **Roasted Peppers and Sweetcorn**	**Roast Parsnip** **Carrots**	**Green Beans** **Broccoli and Cauliflower Medley**	**Baked Beans** **Peas**
Desserts	**Orange Shortbread**	**Crunch Chocolate Biscuit** *with Fruit Slices **	**Flapjack** *with Fruit Slices **	**Chocolate Cake**	**Raspberry Yoghurt Cake**

WEEK COMMENCING : 04/11/19 25/11/19 16/12/19
06/01/20 27/01/20 17/02/20 09/03/20 30/03/20

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt Available Daily

*Fruit Based **Wholegrain ***Oily Fish

Autumn Winter 2019 Menu
Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	**Cheese and Tomato Pizza ** *with Potato Wedges*** Simple but classic!	**Sausages** ***with Mashed Potato and Gravy*** Simple but classic…sausage and mash	**Roast Chicken** ***with Roast Potatoes and Gravy*** Traditional Roast dinner with Roast Chicken	**Cottage Pie** A traditional dish of minced beef with vegetables topped with mashed potato	**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
Jacket Potato Station **Jacket Potatoes available daily with a choice of fillings**					
Vegetables	**Carrots** **Peas**	**Roasted Peppers and Sweetcorn** **Green Beans**	**Cabbage** **Carrot and Swede Mash**	**Broccoli** **Mediterranean Vegetables**	**Peas** **Baked Beans**
Desserts	**Cheddar Cheese & Biscuits**	**Oatie Biscuit** *with Fruit Slices **	**Fruity Picnic Bar **	**Chocolate and Raspberry Swirl Cake** *with Custard*	**Banana and Cinnamon Cake **

WEEK COMMENCING : 11/11/19 02/12/19 23/12/19
13/01/20 03/02/20 24/02/20 16/03/20 06/04/20

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt Available Daily

*Fruit Based **Wholegrain ***Oily Fish