

Autumn Term 2016/2017

Name:

Class:

*Sides and Pudding options are available to all, so do NOT require selection.		WEEK ONE 5th Sept, 26th Sept, 17th Oct, 14th Nov, 5th Dec		WEEK TWO 12th Sept, 3rd Oct, 31st Oct, 21st Nov, 12th Dec		WEEK THREE 19th Sept, 10th Oct, 7th Nov, 28th Nov		
		Please enter a 'X' against the meals required		X	Please enter a 'X' against the meals required		X	Please enter a 'X' against the meals required
Mondays	Main	Mediterranean Cheese and Tomato Pizza		Ploughmans with bread roll (please delete, keeping one choice): Ham / Cheese / Egg		Mild Chicken Fajita		
	Veg				Mild Quorn Fajita			
	Sides	Vegetable Sticks		Mixed Salad, Coleslaw, Sultanas and Pickles		Vegetable Sticks		
	Sandwich	Ham or Cheese* Roll (delete one choice) with Mixed Salad	H C			Ham or Cheese* Roll (delete one choice) with Mixed Salad		H C
	Pudding	Frozen Raspberry Yogurt or Fresh Fruit		Fresh Fruit Salad and Ice-Cream or Fresh Fruit		Fresh Fruit Salad or Fresh Fruit		
Tuesdays	Main	Pork & Apple Sausages with New Potatoes		Spaghetti and Meatballs in Tomato Sauce		Pasta with Tuna and Sweetcorn		
	Veg	Veggie Sausages with New Potatoes		Spaghetti and Vegetarian Bolognaise		Pasta with Mediterranean Tomato Sauce		
	Sides	Baked Beans and Wholemeal Bread		Broccoli and Wholemeal Bread		Peas and Wholemeal Bread		
	Sandwich	Ham or Cheese* Roll (delete one choice) with Mixed Salad	H C	Ham or Cheese* Roll (delete one choice) with Mixed Salad	H C	Ham or Cheese* Roll (delete one choice) with Mixed Salad		H C
	Pudding	Cheese and Biscuits with Fresh Fruit Segments		Frozen Raspberry Yogurt or Fresh Fruit		Cheese and Biscuits with Fresh Fruit Segments		
Wednesdays	Main	Roast Chicken and Roast Potatoes		Roast Pork with Roast Potatoes and Apple Sauce		Gammon with Roasted New Potatoes		
	Veg	Quorn Roast and Roast Potatoes		Cheesy Potato and Sweet Potato Layer		Quorn Mince and Roasted New Potatoes		
	Sides	Carrots, Peas, Wholemeal Bread		Carrots, Peas and Wholemeal Bread		Peas, Carrots and Wholemeal Bread		
	Sandwich	Ham or Cheese* Roll (delete one choice) with Mixed Salad	H C	Ham or Cheese* Roll (delete one choice) with Mixed Salad	H C	Ham or Cheese* Roll (delete one choice) with Mixed Salad		H C
	Pudding	Pears and Ice-Cream or Fresh Fruit		Cheese and Biscuits with Fresh Fruit Segments		Peaches and Custard or Fresh Fruit		
Thursdays	Main	Shepherds Pie with Hidden Veg		Super Salad Day (pasta salad, rice salad, etc) (please delete, keeping one choice): Tuna / Cheese / Egg		Beef Chilli Cool Carne with Rice and Tortilla Chips		
	Veg	Quorn Shepherds Pie with Hidden Veg			Vegetable Chilli Cool Carne with Rice and Tortilla Chips			
	Sides	Broccoli and Wholemeal Bread				Salad Bar		
	Sandwich	Ham or Cheese* Roll (delete one choice) with Mixed Salad	H C	Ham or Cheese* Roll (delete one choice) with Mixed Salad	H C	Ham or Cheese* Roll (delete one choice) with Mixed Salad		H C
	Pudding	Fresh Fruit Salad and Ice-Cream or Fresh Fruit		Fruit Jelly and Ice-Cream or Fresh fruit		Frozen Raspberry Yogurt or Fresh Fruit		
Fridays	Main	Salmon Fishcakes and Potato Wedges		Fish Fingers and Oven Chips		Fish and Oven Chips		
	Veg	Veggie Fingers and Wedges		Vegetarian Sausages and Oven Chips		Vegetarian Sausages and Oven Chips		
	Sides	Peas and Wholemeal Bread		Broccoli, Peas and Wholemeal Bread		Peas and Wholemeal Bread		
	Wrap	Ham or Cheese* Wrap (delete one choice) with Mixed Salad and Coleslaw	H C	Ham or Cheese* Wrap (delete one choice) with Mixed Salad and Coleslaw	H C	Ham or Cheese* Wrap (delete one choice) with Mixed Salad and Coleslaw		H C
	Pudding	Fruit Cookies and Milk or Fresh Fruit		Pear and Chocolate Pudding or Fresh Fruit		Jelly and Ice-Cream or Fresh Fruit		

Salad bar daily. Our meat is freedom food or free range and seasonal vegetables & fruit are sourced locally. Our eggs are free-range and gravy is vegetarian. Menu subject to change.