

Winter Menu: 30th October 2017 - 22nd March 2018

Name:		Class:						
*Sides and Pudding options are available to all, so do NOT require selection.		WEEK ONE 30/10, 20/11, 11/12, 15/01, 05/02, 05/03		WEEK TWO 06/11, 27/11, 18/12, 22/01, 19/02, 12/03		WEEK THREE 13/11, 04/12, 08/01, 29/01, 26/02, 19/03		
		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		Hot Dog in a Roll		Jacket Potato with a choice of Cheese, Baked Beans or Tuna Mayonaise		
	Veg			Veggie Hotdog in a Roll				
	Sides	Vegetable Sticks and Wholemeal Bread		Salad Bar, Tomato Sauce and Cooked Onions		Salad Bar 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	Frozen Raspberry Yogurt or Fresh Fruit		Fresh Fruit Salad and Ice-Cream or Fresh Fruit		Fresh Fruit Salad or Fresh Fruit		
Tuesdays	Main	Pork Sausages and Savoury Rice		Spaghetti and Meatballs in Tomato Sauce		Lamb Lasagne		
	Veg	Veggie Sausage and Savoury Rice		Spaghetti and Vegetarian Bolognaise		Vegetarian Ravioli		
	Sides	Peas and Wholemeal Bread		Mixed Vegetables and Wholemeal Bread		Vegetable Sticks and Crusty 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	Pulled Gammon and New Roasted Potatoes		Roast Chicken with Roast Potatoes		Roast Pork and Roast Potatoes		
	Veg	Quorn Roast and New Roasted Potatoes		Vegetable Pasta Bake		Quorn Mince and Roast Potatoes		
	Sides	Carrots, Green Beans, Wholemeal Bread		Carrots, Peas, Gravy and Wholemeal Bread		Country Vegetables, Gravy 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	Pear or Pineapple with Ice-Cream or Fresh Fruit		Ice-Cream Sundae or Fresh Fruit		Peaches and Custard or Fresh Fruit		
Thursdays	Main	Chicken and Sweetcorn Pie with New Potatoes		Sweet and Sour Pork with Noodles		Beef Burger in a Bun		
	Veg	Vegetable Pie with New Potatoes		Sweet and Sour Quorn with Noodles		Veggie Burger in a Bun		
	Sides	Cabbage, Carrots and Wholemeal Bread		Oriental Vegetables and Wholemeal Bread		Salad, Wholemeal Bread, Cooked Onions, Tomato Sauce and Relish		
	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 Curly Fries		
	Veg	Veggie Fingers and Wedges		Vegetarian Sausages and Oven Chips		Vegetarian Sausages and Oven Chips		
	Sides	Peas and Wholemeal Bread		Baked Beans, Salad Bar, 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	Seasonal Fruit Crumble with Custard or Fresh Fruit		Cookies and Milk or Fresh Fruit		Fruit Topped Cheesecake or Fresh Fruit		

Salad bar available daily. Our meat is freedom food or free range and seasonal vegetables & fruit are sourced locally. Eggs are free-range and gravy is vegetarian. Dairy free and coeliac dietary needs can be catered for. All food is nut free.