

Autumn/Winter 2018 Menu

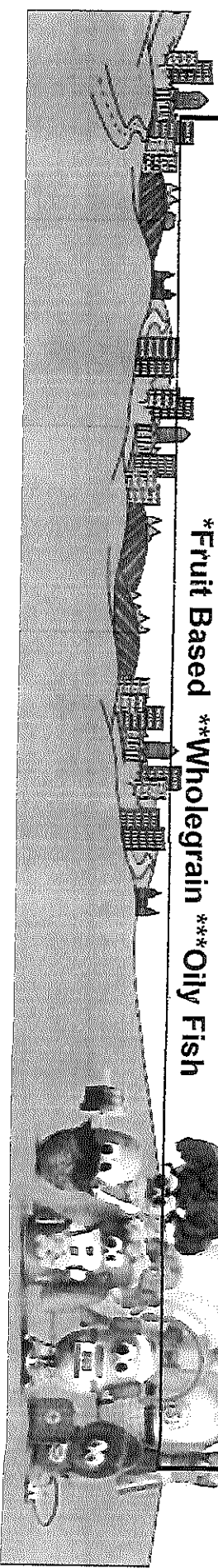
22/10/18-22/11/18 3/12/18-7/1/19 23/1/19-25/2/19 4/3/19



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetarian Dish	Halal Lamb lasagne Served with garlic bread, sweetcorn or Broccoli	Halal Chicken mayo burger Served with potato wedges and roasted vegetables	Roast Turkey Served with Roast Potatoes and Gravy with Green beans or cauliflower	Beef Ragu Served with Rice with Carrots or Broccoli	Golden Fish Fingers & Chips Breaded Fish Fingers with Chips & peas
	Mild potato curry On a bed of wholegrain rice ** sweetcorn or Broccoli Or Pasta served with a fresh tomato & herb sauce	Vegetarian Sausages with Creamy Mash and Gravy, with Carrots or Seasonal Cabbage Or Jacket Potato Cheese or Tuna mayonnaise or Baked Beans	Sweet potato & chickpea roast Served with Gravy, Green beans or Cauliflower Or Pasta served with a fresh tomato & herb sauce	Macaroni & sweetcorn cheese ** Carrots or Broccoli Or Jacket Potato Cheese or Tuna mayonnaise or Baked Beans	Quorn Dippers with Chips & Crunchy Light Coleslaw Or Pasta served with a fresh tomato & herb Sauce
Desserts	Sticky Flapjack Or Fresh fruit and optional yogurt	Pear & Ginger Crumble Served with custard* Or Fresh fruit and optional yogurt	Vanilla Ice Cream Pot Or Fresh fruit and optional yogurt	Lemon shortbread Or Fresh fruit and optional yogurt	Fudge Brownie Cake Or Fresh fruit and optional yogurt

Cool Water served daily
 *Fruit Based **Wholegrain ***Oily Fish

WEEK ONE



Autumn/Winter 2018 Menu

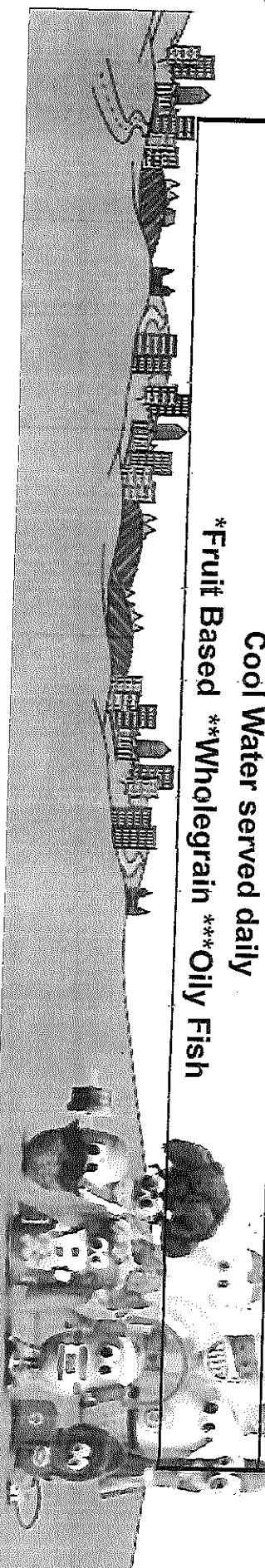
29/10/18-31/10/18 4/11/18-10/11/18 14/11/18-21/11/18 24/11/18-4/12/18 7/12/18-13/12/18 17/12/18-23/12/18 25/1/19



week TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Halal Chicken, mozzarella & tomato pizza Baked wedges and coleslaw or sweetcorn	Halal Beef Bolognese Served with salad and garlic bread & sweetcorn	Roast Chicken Served with Roast Potatoes & Gravy with Seasonal Parsnips Or Carrots	Chicken & tomato Lasagne Served with Garlic & Herb bread wedges & Green beans	Crispy Fish & Chips with Chips & peas
Vegetarian Dish	Vegetable Biryani Served with Sweetcorn or Broccoli Or Wholegrain Pasta served with a fresh tomato & herb sauce	Cheese and Roast pepper Quesadilla Served with Jacket Wedges House slaw Or Jacket Potato Cheese or Tuna mayonnaise or Baked Beans	Quorn Roast Served with Roast Potatoes & gravy with Seasonal Parsnips Or Carrots Or Pasta served with a fresh tomato & herb sauce	Vegetable Tagine Served with rice Green Beans Or Jacket Potato Cheese or Tuna mayonnaise or Baked Beans	Mediterranean Tart Served with Chips Peas Or Pasta served with a fresh tomato & herb sauce
Desserts	Vanilla Ice Cream Or Fresh fruit and optional yogurt	St Clements sponge cake* Or Fresh fruit and optional yogurt	Oatie biscuit* Or Fresh fruit and optional yogurt	Apple & Blackberry Crumble with Custard* Or Fresh fruit and optional yogurt	Banana & Apricot Flapjack* Or Fresh fruit and optional yogurt

Cool Water served daily
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WEEK THREE.

Food Super Heroes

Autumn/Winter 2018 Menu

5/11/18-26/11/18-4/12/18-21/11/18-4/12/19-4/13/19-4/14/19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Halal Turkey & Mozzarella Pizza** With Jacket wedges & apple slaw	Halal Roast Chicken with Roast Potatoes and Gravy with Broccoli or Carrots	Beef Macaroni Bake Served with Garlic & Herb Bread With Broccoli	Creamy Chicken & Broccoli Pie With Green Beans & new potatoes	Salmon Fish Fingers *** Served with Chips & peas
Alternative Dish	Tomato & Vegetable Savoury Rice	Quorn Roast with Roast Potatoes and Gravy with Broccoli or Carrots	Creamy Tomato & Basil Bake Broccoli Carrots	Vegetable Korma Served on a bed on rice with sweetcorn or broccoli	Bean, Pepper & Cheese Quesadilla with Chips & peas
	Or Pasta served with a fresh tomato & herb sauce	Or Jacket Potato Cheese or Tuna mayonnaise or Baked Beans	Or Jacket Potato Cheese or Tuna mayonnaise or Baked Beans	Or Jacket Potato Cheese or Tuna mayonnaise or Baked Beans	Or Pasta served with a fresh tomato & herb Sauce
Desserts	Strawberry Ice Cream Pot	Raspberry Ripple	Peach Slice	Shortbread Fingers	Pineapple Upside Down Cake with Custard
	Or Fresh fruit and optional yogurt	Or Fresh fruit and optional yogurt	Or Fresh fruit and optional yogurt	Or Fresh fruit and optional yogurt	Or Fresh fruit and optional yogurt

Cool Water served daily

*Fruit Based **Wholegrain ***Oily Fish

