

SEASONAL MENY

WEEK THREE

WC; 17/11, 8/12



Meat/Fish

MONDAY

Pork sausage roll with potato wedges, baked bean OR peas. (G, E, Su)

TUESDAY

Chicken Korma, with herby rice, mixed veg and garlic and coriander naan bread. (Mu)

WEDNESDAY

Roast Chicken and stuffing with roast potatoes, broccoli and gravy. (G)

THURSDAY

Beef meatballs with Marinara sauce with vegetable cous-cous, whole meal pitta. (G, may contain M and So)

FRIDAY

Fish fingers with chips peas and baked beans. (G, F)



Vegetarian

MONDAY

Quorn sausage roll with potato wedges, baked beans OR peas. (G)

TUESDAY

Chickpea and Lentil Dhal with mixed veg and a garlic and coriander naan bread. (Mu)

WEDNESDAY

Cauliflower cheese pie with roast potatoes, broccoli and gravy. (G, M, Mu)

THURSDAY

Vegan meatballs in tomato sauce with vegetable cous-cous, whole meal pitta. (So, G)

FRIDAY

Crispy vegetable nuggets with chips peas OR baked beans. (G)



Combo

MONDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. (M, E, F)

Pasta with a choice of grated cheese or homemade tomato and basil sauce. (G, M)

TUESDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. (M, E, F)

Wrap with fillings or grated cheese, ham or tuna mayo. Served with a side salad and chips. (G, F, E, M)

Both served with a side salad

WEDNESDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. With side salad. (M, E, F)

Pasta with a choice of grated cheese or homemade tomato and basil sauce. (G, M)

Both served with a side salad

THURSDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. Served with a side salad. (M, E, F)

Baguettes with either, Grated cheese, ham or tuna mayo. (May contain G and Se)

Both served with a side salad

FRIDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. (M, E, F)

Wrap with a choice of fillings; Grated cheese, ham or tuna mayo. (G)

Served with a side salad and tortilla crisps. (May contain G, Se, So, Ce, M and Mu)



Salad

MONDAY

Salad bar

TUESDAY

Salad bar

WEDNESDAY

Salad bar

THURSDAY

Salad bar

FRIDAY

Salad bar



Pudding

MONDAY

Carrot cake. (G, E)

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

WEDNESDAY

Mandarin jelly.

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

FRIDAY

Oat cookies. (G,

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

TUESDAY

Fruit crumble. (G)

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

THURSDAY

Iced sponge cake with sprinkles. (G, E, M, may contain So)

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

