

PRIMARY AUTUMN WINTER 2018/2019 MENU

Week Commencing: 29 Oct, 19 Nov, 10 / 31 Dec 2018, 21 Jan, 11 Feb, 11 Mar, 1 April 2019					
Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Red Tractor Turkey Meatballs with Crushed Potatoes and a Tomato Sauce	Classic Italian Lasagne topped with Mozzarella served with Garlic Bread	Our Roast of The Day served with all the Traditional Accompaniments, Roast Potatoes, Sage and Onion Stuffing and Gravy	Mild Chicken Curry served with Steamed Brown Rice and Garlic Naan Strips	Freshly Baked Fillet of Battered MSC certified Fish with Chips or Baked Wedges
Vegetarian Main Course	Macaroni Cheese	Roasted Vegetable Sausages served with Red Onion Gravy and Creamy Mash	Quorn / Lentil Roast with all of the Roast Dinner Trimmings	Provençale Vegetable, Basil and Wholemeal Tortilla Lasagne with Garlic Doughballs	Baked Vegetable Spring Roll with a Curry Sauce and Vegetable Brown Rice or Chips
Alternative Main Course	Pasta with Cheese or Tomato Sauce	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Pasta with Cheese or Tomato Sauce	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Pasta with Cheese or Tomato Sauce
Vegetables	Garden Peas and Broccoli	Fresh Carrots and Sweetcorn	Sliced Green Beans and Cauliflower	Roasted Peppers, Sweetcorn and Savoy Cabbage	Garden Peas or Baked Beans
Dessert	Reduced Sugar Banana and Chocolate Muffin / Cake	Cherry and Sultana Flapjack	Fruit Jelly and Ice Cream	Pear and Cinnamon Cake with Custard	Chocolate Brownie

Week Commencing: 5 / 26 Nov, 17 Dec 2018, 7 / 28 Jan, 25 Feb, 18 March 2019					
Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Fresh Salmon and Tuna Pasta Bake with Tomato and Garlic Bread	Braised Red Tractor Beef, Vegetable and Potato Pie topped with Shortcrust Pastry	Our Roast of The Day served with all of our Seasons Fresh Vegetables, Roast Potatoes, Yorkshire Pudding and a Delicious Gravy	Traditional Shepherd's Pie served with a Rich Gravy and Fluffy Mash	Fish Fingers with Chips or Baked Wedges
Vegetarian Main Course	Baked Vegetable Pizza Slice served with a Fresh Garden Salad	Roasted Winter Root Vegetable Casserole topped with Fresh Parsley and Cheddar Wholemeal Croutons	Quorn / Lentil Roast with all of the Roast Dinner Trimmings	Japanese Oven Baked Vegetable Katsu Curry with Wholegrain Coriander Rice	Oven Baked Bean Burrito with Vegetable Rice or Chips and Tomato Sauce
Alternative Main Course	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Pasta with Cheese or Tomato Sauce	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Pasta with Cheese or Tomato Sauce	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Garden Peas and Fresh Carrots	Sweetcorn and Broccoli	Sliced Green Beans and Fresh Carrots	Braised Red Cabbage and Sweetcorn	Garden Peas or Baked Beans
Dessert	Apple Crumble with Custard	Fruity Flapjack Slice	Fruit Jelly and Ice Cream	Banana Gingerbread Pudding and Custard	Blueberry Muffin / Cake

Week Commencing: 12 Nov, 3 Dec 2018, 14 Jan, 4 Feb, 4 / 25 March 2019					
Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	British Farm Assured Pork Sausages and Mash with a Red Onion Gravy	Slow Braised Beef Bolognese with Penne Pasta	Our Roast of The Day served with all the Traditional Accompaniments, Roast Potatoes, Sage and Onion Stuffing and Gravy	Chicken with Wholegrain Rice and a Rustic Tomato Sauce	Fish Fingers with Chips or Baked Wedges and Garden Peas
Vegetarian Main Course	Bubble and Squeak Frittata Slice served with a Fresh Garden Salad	Braised Mexican Bean Stew with a Mild Spiced Tomato Sauce and Folded Flatbread	Quorn / Lentil Roast with all of the Roast Dinner Trimmings	Chickpea and Aubergine Dhansak with Wholegrain Rice	Vegetarian Brunch Vegetarian Sausage, Baked Beans, Mushroom and Mini Hash Browns
Alternative Main Course	Pasta with Cheese or Tomato Sauce	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Pasta with Cheese or Tomato Sauce	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Pasta with Cheese or Tomato Sauce
Vegetables	Peas and Broccoli	Sliced Beans and Sweetcorn	Carrots and Savoy Cabbage	Roasted Mediterranean Vegetables and Broccoli	Garden Peas or Baked Beans
Dessert	Eves Pudding and Custard	Superfood Flapjack	Fruit Jelly and Ice Cream	Banana Muffin or Traybake	Chocolate Crunch Slices

Freshly Prepared Salad Bar, Daily Fresh Bread, Fresh Fruit Selection and Yoghurts Available Daily



PICK 'N' MIX



MONDAY

Ham or Cheese Baguette
Fruit Pot / Dried Fruit Bag / Fruit Wedge
Crudités / Cherry Tomatoes / Mixed Salad
Savoury Bite*
Yoghurt Pot or Homemade Sweet Treat

TUESDAY

Ham or Cheese Roll
Fruit Pot / Dried Fruit Bag / Fruit Wedge
Crudités / Cherry Tomatoes / Mixed Salad
Savoury Bite*
Yoghurt Pot or Homemade Sweet Treat

WEDNESDAY

Tuna or Cheese Baguette
Fruit Pot / Dried Fruit Bag / Fruit Wedge
Crudités / Cherry Tomatoes / Mixed Salad
Savoury Bite*
Yoghurt Pot or Homemade Sweet Treat

THURSDAY

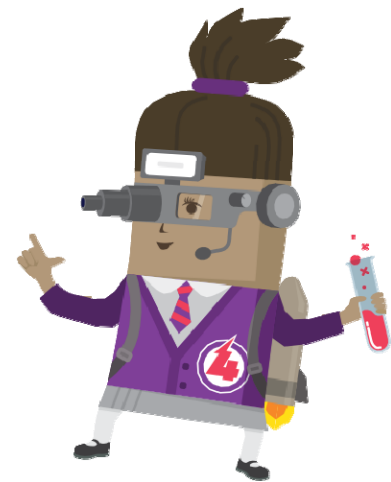
Ham or Cheese Roll
Fruit Pot / Dried Fruit Bag / Fruit Wedge
Crudités / Cherry Tomatoes / Mixed Salad
Savoury Bite*
Yoghurt Pot or Homemade Sweet Treat

FRIDAY

Ham or Cheese Baguette
Fruit Pot / Dried Fruit Bag / Fruit Wedge
Crudités / Cherry Tomatoes / Mixed Salad
Savoury Bite*
Yoghurt Pot or Homemade Sweet Treat

SALAD FEAST

Locally sourced produce served daily



* SAVOURY BITE*

will be the 'Cook's Choice of the Day'.
Examples are cheese straw, pizza bite or cheese & tomato twist.

