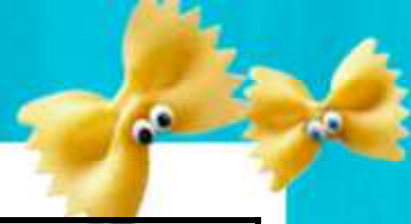


Primary Autumn /Winter 2019 Menu

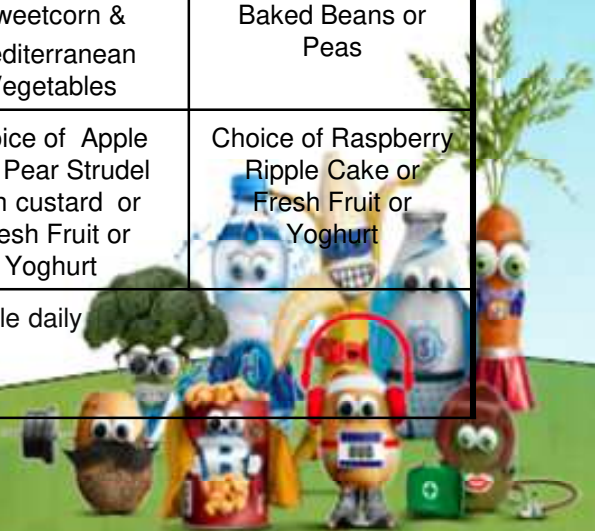
Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Macaroni Cheese	Chicken Tikka Masala with Rice	Roast Chicken with Roast Potatoes and gravy	Beef burger in bun With Potato Wedges	Fish Fingers with Chips
Alternative Dish	Mexican Bean & Potato Wrap with Rice	Cheese & Tomato Pizza with Potato Wedges	Shepherdess Pie	Veggie Pizza Hot Dog With Potato Wedges	Quorn Dippers with Chips
Halal Dish	<i>please select one of above choices</i>	Halal Chicken Tikka masala with Rice	Halal Roast Chicken Roast Potatoes with Gravy	Halal Chicken Mayo Burger in a bun	Please select one of the above choices
Jacket Potato	Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo	Jacket Potato with choice of Cheese or Baked Beans or Tuna Mayo	Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo	Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo	Jacket Potato with a choice of Cheese or Baked Beans
Vegetables	Broccoli or Cauliflower	Peas & Carrots	Carrots & Cabbage	Sweetcorn & Mediterranean Vegetables	Baked Beans or Peas
Desserts	Choice of Chocolate Slice or Fresh Fruit or Yoghurt	Choice of Orange Drizzle Cake or Fresh Fruit or Yoghurt	Choice of Shortbread Biscuit or Fresh Fruit or Yoghurt	Choice of Apple and Pear Strudel with custard or Fresh Fruit or Yoghurt	Choice of Raspberry Ripple Cake or Fresh Fruit or Yoghurt

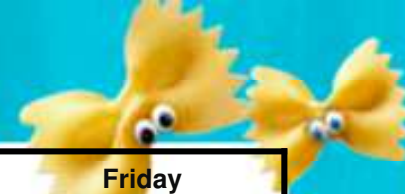
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish



Primary Autumn / Winter 2019 Menu

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Veggie Spaghetti bake	Chicken and Sweetcorn Pie with Creamy Mashed Potato	Roast Pork With Roast Potatoes & Gravy	Beef Lasagne with Garlic and Herb Bread	Fish Fingers With Chips
Alternative Dish	Cheese & Tomato Pizza with Potato Wedges	Creamy Bubble and Squeak Cake	Sweet Potato and Chickpea Roast With Roast Potatoes and Gravy	Quorn Balls in Tomato Sauce with Pasta	Caramelised Red Onion & Mozzarella Tart with Chips
Halal Dish	Please select one of the two above options	Halal Chicken and Sweetcorn Pie With Creamy Mashed Potato	Roast Chicken With Roast Potatoes & Gravy	Halal Beef Lasagne with Garlic and Herb Bread	Please select one of the two above options
Jacket Potato	Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo	Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo	Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo	Jacket Potato with a choice of Cheese or Baked Beans or Tuna Mayo	Jacket Potato with a choice of Cheese or Baked Beans
Vegetables	Sweetcorn or Broccoli	Peas & Roasted Peppers and Sweetcorn	Roast Parsnip Carrot	Green Beans With Broccoli and Cauliflower Medley	Baked Beans Peas
Desserts	A choice of Mango Frozen Yoghurt or Fresh Fruit or Yoghurt	A choice of Apple & Berry Crumble or Fresh Fruit or Yoghurt	Choice of Flapjack with Fruit Slices or Fresh Fruit or Yoghurt	Choice of Chocolate Cake or Fresh Fruit or Yoghurt	Choice of Raspberry Yoghurt cake or fresh fruit Or Yoghurt or

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish



Primary Autumn /Winter 2019 Menu

Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<i>Cheese & Tomato Pizza with Potato Wedges</i>	<i>Pork Sausages with Creamy Mash and Gravy</i>	<i>Roast Turkey With Roast Potatoes & Gravy</i>	Cottage Pie	<i>Crispy Fish and Chips</i>
Alternative Dish	BBQ Quorn Burger in a bun with Potato Wedges	Vegetarian Sausages with Creamy Mash and Gravy	<i>Vegetarian Pastry Slice with Roast Potatoes & Gravy</i>	Mild Sweet potato Curry with Rice	<i>Sweet Potato Burger in bun With Chips</i>
Halal Dish	<i>Please select one of the above two options</i>	Halal Chicken Korma with Rice Side	Halal Roast Turkey	Cottage Pie Halal Mince	<i>Please select one of the above two options</i>
Jacket Potato	<i>Jacket Potato with a choice of Cheese or Baked Beans or Tuna mayo</i>	<i>Jacket Potato with a choice of Cheese or Baked Beans or Tuna mayo</i>	<i>Jacket Potato with a choice of Cheese or Baked Beans or Tuna mayo</i>	<i>Jacket Potato with a choice of Cheese or Baked Beans or Tuna mayo</i>	<i>Jacket Potato with a choice of Cheese or Baked Beans or Salmon</i>
Vegetables	Carrots Peas	Roasted Peppers and Sweetcorn Green Beans	Cabbage Carrot and Swede Mash	Broccoli Mediterranean Vegetables	Peas Baked Beans
Desserts	Orange Shortbread or Fresh Fruit or Yoghurt	Crunchy Chocolate Biscuit with Fruit Slice or Fresh Fruit or Yoghurt	Blueberry Frozen Yoghurt or Fresh Fruit or Yoghurt	Chocolate & Raspberry Swirl Cake or Fresh Fruit or Yoghurt	<i>Fruity Picnic Bar or Fresh Fruit or Yoghurt</i>

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily
 *Fruit Based **Wholegrain ***Oily Fish

