

PRIMARY AUTUMN WINTER 2018/2019 MENU

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Turkey Meatballs with Crushed Potatoes and a Tomato Sauce	Classic Italian Lasagna served with Garlic Bread	Roast Gammon 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 Bread	Freshly Baked Fillet of Battered MSC certified Fish with Chips
Vegetarian Main Course	Macaroni Cheese Bake	Vegetable Sausages served with Gravy and Creamy Mash	Quorn Roast / Lentil Roast with all of the Roast Dinner Trimmings	Vegetable Wholemeal Tortilla lasagna with Garlic Bread	Baked Vegetable Spring Roll with a Curry Sauce and Vegetable Brown Rice
Alternative Main Course	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
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 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Salmon and Tuna Pasta Bake with Tomato and Garlic Bread	Braised Red Tractor Beef, Vegetable and Potato Pie, and topped with our delicious Shortcrust Pastry!	Roast Chicken Seasonal Fresh Vegetables, Roast Potatoes, Yorkshire Pudding and a Delicious Gravy	Traditional Shepherd's Pie, served with a Rich Gravy and Fluffy Mash	Freshly Baked Fish Fingers / Goujons with Baked Wedges
Vegetarian Main Course	Baked Vegetable Pizza Slice served with a Fresh Garden Salad	Roasted Winter Root Vegetable Casserole with Cheesy Croutons	Quorn Roast / Lentil Roast with all of the Roast Dinner Trimmings	Japanese Oven Baked Vegetable Katsu Curry with Coriander Rice	Oven Baked Bean Burrito with Vegetable Rice
Alternative Main Course	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	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 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Pork Sausages and Mash with a Red Onion Gravy	Low and Slow Braised Beef Bolognese with Penne Pasta	Roast Turkey served with all the Traditional Accompaniments, Roast Potatoes, Sage and Onion Stuffing and Gravy	Chicken with Rice and a Rustic Tomato Sauce	Freshly Baked Fish Fingers with Chips
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 Roast / Lentil Roast with all of the Roast Dinner Trimmings	Chickpea and Aubergine Curry with Wholegrain Rice	Vegetarian Brunch Vegetarian Sausage, Baked Beans, Mushroom and Mini Hash Browns
Alternative Main Course	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
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