

Primary Autumn / Winter Menu 2017 / 18

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Salmon fish fingers, crisscuts & spaghetti hoops	Chicken korma with basmati rice	Cheese and ham panini with potato smiles and salad	Roast gammon, roast potatoes, carrots, cauliflower & gravy	Harry Ramsden's fish fillet, chips & peas (mushy or garden)
Main 2	Beef grill in a bun with crisscuts and salad	Tuna sweetcorn pasta bake with garlic bread	Mince and mash with mixed veg	Chicken wrap with herby potatoes and salad	Veggie Bolognese & garlic bread
Soup		Tomato & basil soup		Leek and potato soup	
Light Choice	Cheese / tuna / beans jacket potato	Tuna / cheese / ham / egg / filled roll	Cheese / tuna / beans jacket potato	Tuna / cheese / ham / egg / panini	Cheese / tuna / beans jacket potato
Dessert	Sponge and custard	Flapjack	Apple and blackberry pie and custard	Muffin	Iced fairy cake with sprinkles

Available Daily: Fresh Fruit, Yoghurt, Water, Milk and Fruit Juice

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Sausage in onion gravy with mash and mixed veg	Chilli boats with rice and mixed salad	Cheese and chorizo pizza with croquettes and spaghetti hoops	Roast chicken, roast potatoes, stuffing, carrot, sprouts & gravy	Fish fingers, chips and beans
Main 2	Hotpot with broccoli	Cheese pie, chips and spaghetti hoops	Lasagne and salad with garlic bread	Veggie Burger in a bun with wedges and beans	Veg tikka masala with basmati rice
Soup		Knorr Cream of Chicken soup		Tomato & basil soup	
Light Choice	Cheese / tuna / beans jacket potato	Tuna / cheese / ham / egg / sandwich	Cheese / tuna / beans jacket potato	Tuna / cheese / ham / egg / filled roll	Cheese / tuna / beans jacket potato
Dessert	Mousse with cream and sprinkles	Sticky toffee pudding and custard	Apple tart and ice cream	Winter berry cheesecake	Cherry crumble and custard

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	All day breakfast - scrambled egg, bacon, sausage, hash brown & beans	Scouse with beetroot or red cabbage & crusty bread	Pork and carrot grill with mash, broccoli and gravy	Roast beef with roast potatoes, carrots, Yorkshire pudding and gravy	Harry Ramsden's fish fillet, chips & peas (mushy or garden)
Main 2	Quorn cottage pie with mixed veg	Chicken and veg pie with baby potatoes, peas and gravy	Spinach & ricotta ravioli in a tomato sauce with garlic bread	Veggie rainbow pasta bake with garlic bread	Veggie pizza, chips, salad and coleslaw
Soup		Leek and potato soup		Knorr Cream of Chicken soup	
Light Choice	Cheese / tuna / beans jacket potato	Tuna / cheese / ham / egg / panini	Cheese / tuna / beans jacket potato	Tuna / cheese / ham / egg / sandwich	Cheese / tuna / beans jacket potato
Dessert	Fruit cobbler and custard	Bananas and custard	Rice Pudding	Brownie	Cookie and milkshake

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