

Primary Autumn Winter 2020 Menu

Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|--|--|---|--|
| Hot Main Dish | <p>Cheese and Tomato Pizza ** <i>with Dough Balls (V)</i></p> <p>Cheesy Tomato Topped Pizza Slice</p> | <p>Chicken Burger <i>with Potato Wedges</i></p> <p>Roast chicken served in a soft bun with lettuce and mayo</p> | <p>Roast Chicken <i>with Roast Potatoes</i> <i>and Gravy</i></p> <p>Succulent roast chicken with fluffy roasties and tasty gravy</p> | <p>Pasta Bolognese **</p> <p>A classic Italian beef Bolognese in a yummy tomato sauce</p> | <p>Golden Fish Fingers <i>and Chips</i></p> <p>Crispy Fish Fingers and scrummy chips</p> |
| Alternative Dish | <p>Burrito (V)</p> <p>A soft wrap filled with lightly spiced veggies and rice</p> | <p>Baked Macaroni (V)</p> <p>Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce</p> | <p>Sweet Potato and Chickpea Roast <i>with Roast Potatoes</i> <i>and Gravy (V)</i></p> <p>A chunky sweet potato and chickpea roast</p> | <p>Hotdog <i>with Potato Wedges</i> (V)</p> <p>Our favourite veggie hotdog served with ketchup in a soft sub roll</p> | <p>Quorn Nuggets <i>and Chips (V)</i></p> <p>Crispy Quorn nuggets with their fave sauce – ketchup</p> |
| Jacket Potato | <p>Jacket Potato With A Choice Of Fillings – Cheese, Baked Beans 'or' Tuna Mayo</p> | | | | |
| Vegetables | <p>Coleslaw Sweetcorn</p> | <p>Peas Broccoli</p> | <p>Carrots Cabbage</p> | <p>Broccoli Sweetcorn</p> | <p>Baked Beans Peas</p> |
| Desserts | <p>Secret Brownie</p> | <p>Raspberry Ripple Ice Cream</p> | <p>Shortbread Biscuit</p> | <p>Apple & Berry Crumble with Custard</p> | <p>Strawberry Swirl Sponge</p> |

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

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian



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Week 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|---|---|--|--|
| Hot Main Dish | <p>Cheese and Tomato Pizza ** <i>with Dough Balls (V)</i></p> <p>Cheesy Tomato Topped Pizza Slice</p> | <p>Chicken Tikka Masala <i>with Rice **</i></p> <p>Succulent chicken in a mild curry sauce</p> | <p>Roast Gammon <i>with Roast Potatoes and Gravy</i></p> <p>Crispy Roast Gammon with fluffy roasties and tasty gravy</p> | <p>Lasagne <i>with a Garlic & Herb Bread Wedge **</i></p> <p>A classic Italian layered pasta dish with beef mince</p> | <p>Southern Fried Chicken Tasters</p> <p>Lightly seasoned crispy chicken strips and scrummy chips</p> |
| Alternative Dish | <p>Sausage <i>and Mash with Gravy (V)</i></p> <p>Fluffy mash with veggie sausages and rich gravy</p> | <p>Vegetable lasagne <i>With A garlic & Herb Bread Wedge</i></p> | <p>Pastry Slice <i>with Roast Potatoes and Gravy (V)</i> <i>(pastry)</i></p> <p>Pumpkin and potatoes wrapped in flaky pastry</p> | <p>Chilli Macaroni (V)</p> <p>A lightly spiced Mac N Cheese</p> | <p>Soft Taco <i>and Chips (V)</i></p> <p>A soft taco shell filled with a yummy veggie tomato chilli</p> |
| Jacket Potato | Jacket Potato With A Choice Of Fillings – Cheese, Baked Beans 'or' Tuna Mayo | | | | |
| Vegetables | <p>Sweetcorn Broccoli and Cauliflower Medley</p> | <p>Broccoli Peas</p> | <p>Cabbage Carrots</p> | <p>Sweetcorn Broccoli</p> | <p>Peas Baked Beans</p> |
| Desserts | Cheese & Biscuits | Fruity Apricot Bar | Strawberry Ice Cream | Chocolate Cake | Oatie Biscuit <i>with Fruit Slices *</i> |

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

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Week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|---|
| Hot Main Dish | Chinese Veggie Noodles (V) Fragrant egg noodles with stir fried vegetables | Sausage and Mash with Gravy Traditional Pork Sausage and Mash with rich Gravy | Roast Turkey with Roast Potatoes and Gravy Moist roast turkey with fluffy roasties and tasty gravy | Pasta Bolognese ** A classic Italian beef Bolognese in a yummy tomato and beef sauce | Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips |
| Alternative Dish | Cheese and Tomato Pizza ** with Dough Balls (V) Cheesy Tomato Topped Pizza Slice | Quorn Bolognese **(V) Penne pasta in a yummy tomato and Quorn sauce | Quorn Roast With Roast Potatoes | Mild Bean Chilli With a Rice Side** | Quorn Dippers With Chips |
| Jacket Potato | Jacket Potato With A Choice Of Fillings – Cheese, Baked Beans 'or' Tuna Mayo | | | | |
| Vegetables | Sweetcorn Broccoli | Peas Carrots | Carrots Cabbage | Sweetcorn Broccoli | Baked Beans Peas |
| Desserts | Raspberry Ripple Cake | Peach Shortbread Pudding * with Custard | Flapjack with Fruit Slices * | Chocolate Apricot Brownie | Vanilla Ice Cream |
| Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian | | | | | |

