

AUTUMN WINTER PRIMARY SCHOOL MENU 2016 - WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Home made Tuna Pasta Bake served with fresh carrots	Home Made Chinese Chicken served with egg noodles Beef Burger in a bun served with Jacket Wedged Potatoes Garden Peas or Coleslaw	Homemade Fruity Chicken Curry with 50/50 rice Oven baked Sausage Roll served with ½ Jacket Potato Garden Peas	Roast Pork Loin served with Creamed & Roast Potatoes Fresh Broccoli or Carrot & Swede Gravy	Oven baked Battered Salmon served with Chunky Chipped Potatoes Peas or Baked Beans Oven baked Breaded Chicken Goujons served with Chunky Chipped Potatoes Peas or Beans
Selection of Wholemeal Pizza with various toppings served with Home Made Jacket Wedged Potatoes Coleslaw or Sweetcorn	Spicy bean burger in a 50/50 bun served with Jacket Wedged Potatoes Garden Peas or Coleslaw	Homemade Fruity Vegetarian curry with Quorn and chickpeas served with 50/50 rice	Home Made Macaroni Cauliflower Cheese topped with Tomatoes served with Fresh Broccoli	Home Made Cheese Flan Served with Chunky Chipped Potatoes Peas or Baked Beans
Available Daily:- Unlimited Fresh Salad and Unlimited wholemeal bread				
DESSERTS				
Homemade Rice Pudding Compote of Warm Berries	Home made Fruit Sponge served with Custard	Banoffee Pot with Granola	Fresh Fruit Segments Organic Yoghurt	Selection of Cookies
Available daily as an alternative: - a selection seasonal fresh fruit.				
LUNCH WILL BE SERVED WITH FRESH MILK OR DRINKING WATER				
Menu cycle week 1 - 14th Nov, 5th Dec, 26th Dec, 16th Jan 6th Feb, 27th Feb, 20th Mar, 10th Apr				

All homemade dishes contain additional vegetables

If your child has any special dietary requirement please contact the school meals office 01925 443082

This menu may be subject to change due to circumstances beyond our control.

AUTUMN WINTER PRIMARY SCHOOL MENU 2016 - WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Baked Pork Sausage Or Oven Baked Vegetarian Sausage served with Waffles or Mashed Potato Beans and Peas	Home Made Bolognese Pasta Bake Or Homemade Quorn Bolognese Pasta Bake Served with seasonal Vegetables	Moroccan Lamb Tagine served with Tabbouleh with coriander and Mixed Peppers and Broccoli	Roast Turkey served with Roast & Creamed Potatoes Fresh Broccoli or Carrots Gravy	Oven baked Tempura Battered Fish served with Chunky Chipped Potatoes Peas or Beans Oven baked Chicken Chunks served with Chunky Chipped Potatoes or Half Jacket Potato Peas or Beans
Homemade Fish Pie Served with Garden Peas	Baked Vegetable Frittata served with New Potatoes with rosemary, wholemeal garlic bread, Seasonal Vegetables or salad	Angus Beef burger or Quorn burger in a 50/50 bun Served with Vegetable sticks, hummus dip, coleslaw and salad	Homemade Mascarpone Wholemeal Pasta Bake Served with Garlic bread Sweetcorn & Garden Peas	Home Made Cheese Flan served with Chunky Chipped Potatoes Coleslaw and Salad
Available Daily:- Unlimited Fresh Salad and Unlimited wholemeal bread				
DESSERT				
Fruit Crumble with Custard	Muffin	Fresh Fruit Segments Organic Yogurt	Warm Sticky Toffee Pudding with Vanilla Ice Cream	Selection of Cookies with Fruit
Available daily as an alternative:- a selection seasonal fresh fruit.				
LUNCH WILL BE SERVED WITH FRESH MILK OR DRINKING WATER				
Menu cycle week 2 - 21st Nov, 12th Dec, 2nd Jan, 23rd Jan, 13th Feb, 6th Mar, 27th Mar, 17th Apr				

All homemade dishes contain additional vegetables

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Pork Meatballs in Home Made Tomato and Basil Sauce served with Wholemeal Pasta and Garden Peas</p> <p>Vegetarian Meatballs (Quorn) in Home Made Tomato and Basil Sauce served with Wholemeal Pasta and Garden Peas</p>	<p>Homemade Beef Stew with Wholemeal Cobbler Topping Herbed New Potatoes and Seasonal Vegetables</p> <p>Cornish Pasty served with Herbed New Potatoes and Seasonal Vegetables</p>	<p>Home made (change4life) Cottage Pie served with country mixed vegetables</p> <p>Home made Vegetarian Cottage Pie served with country mixed vegetables</p>	<p>Roast Chicken Sage & Onion Stuffing served with Gravy Roast Potatoes & Creamed Potatoes Fresh Broccoli or Carrot & Swede</p>	<p>Oven baked Breaded Chicken Goujons served with</p> <p>Oven baked Salmon Fingers served with Chunky Chipped Potatoes Peas</p>
<p>Spanish Omelette served with Wholemeal Garlic Bread and Coleslaw</p>	<p>Homemade Cheesy Beans Pasta Bake Served with Seasonal Vegetables</p>	<p>Selection of Wholemeal Pizza with various toppings served with homemade Jacket Wedged Potatoes Coleslaw or Sweetcorn</p>	<p>Quorn Egg Noodles Stir Fry with Vegetables and</p>	<p>Home made Chickpea & Lentil Tikka Masala served with Boiled Rice</p>
Available Daily:- Unlimited Fresh Salad and Unlimited wholemeal bread				
DESSERT				
<p>Fruit Ice Cream</p>	<p>Chocolate & Orange Sponge served with Chocolate Sauce</p>	<p>Butternut Squash & Pumpkin Cake</p>	<p>Fresh Fruit Segments Organic Yogurt</p>	<p>Cooks Choice Biscuit</p>
Available daily as an alternative:- a selection seasonal fresh fruit.				
Unlimited Fresh Salad and Unlimited wholemeal bread				
LUNCH WILL BE SERVED WITH FRESH MILK OR DRINKING WATER				
Menu cycle week 3 - 28th Nov, 19th Dec, 9th Jan, 30th Jan, 20th Feb, 13th Mar, 3rd Apr, 24th Apr				

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