

Primary Autumn Winter 2020 Menu

Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|---|--|--|--|--|
| Hot Main Dish | Cheese and Tomato Pizza ** <i>with Dough Balls (V)</i> Cheesy Tomato Topped Pizza Slice | Chicken Burger <i>with Potato Wedges</i> Roast chicken served in a soft bun with lettuce and mayo | Roast Chicken <i>with Roast Potatoes and Gravy</i> Succulent roast chicken with fluffy roasties and tasty gravy | Pasta Bolognese ** A classic Italian beef Bolognese in a yummy tomato sauce | Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips |
| Alternative Dish | Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta | Baked Macaroni (V) Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce | Sweet Potato and Chickpea Roast <i>with Roast Potatoes and Gravy (V)</i> A chunky sweet potato and chickpea roast | Hotdog <i>with Potato Wedges (V)</i> Our favourite veggie hotdog served with ketchup in a soft sub roll | Quorn Nuggets and Chips (V) Crispy Quorn nuggets with their fave sauce – ketchup |
| Third Choice | | Jacket Potato with Salmon Mayonnaise *** | | | |
| Packed Lunch | Ham or Cheese Sandwich or Daily Special Wrap or Baguette served with Veg Sticks And Fresh Fruit or Bear Yo Yo or Dessert of the Day | | | | |
| Jacket Potato | Jacket Potato With A Choice Of Fillings | | | | |
| Vegetables | Coleslaw Sweetcorn | Peas Broccoli | Carrots Cabbage | Broccoli Sweetcorn | Baked Beans Peas |
| Desserts | Secret Brownie | Raspberry Ripple Ice Cream | Banana Oat Bite* | Chocolate Sponge & Custard | Apricot & Carrot Slice |

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

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



Primary Autumn Winter 2020 Menu

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 with Rice **</p> <p>Succulent chicken in a mild curry sauce</p> | <p>Roast Pork with Roast Potatoes and Gravy</p> <p>Crispy roast pork with fluffy roasties and tasty gravy</p> | <p>Lasagne with a Garlic & Herb Bread Wedge **</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 and Mash with Gravy (V)</p> <p>Fluffy mash with veggie sausages and rich gravy</p> | <p>Baked Macaroni (V)</p> <p>Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce</p> | <p>Quorn Bolognese (V)</p> <p>Penne pasta in a yummy tomato and Quorn sauce</p> | <p>Tomato Pasta ** (V)</p> <p>A delicious fresh, homemade tomato sauce with penne pasta</p> | <p>Hotdog with Potato Wedges (V)</p> <p>Our favourite veggie hotdog served with ketchup in a soft sub roll</p> |
| Packed Lunch | Ham or Cheese Sandwich or Daily Special Wrap or Baguette served with Veg Sticks And Fresh Fruit or Bear Yo Yo or Dessert of the Day | | | | |
| Jacket Potato | Jacket Potato With A Choice Of Fillings | | | | |
| Vegetables | Sweetcorn Broccoli and Cauliflower Medley | Broccoli Peas | Cabbage Carrots | Sweetcorn Broccoli | Peas Baked Beans |
| Desserts | Flapjack | Apple & Carrot Yogurt Muffin | Strawberry Ice Cream | Chocolate Cake | Oatie Biscuit with Fruit Slices * |

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

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Primary Autumn Winter 2020 Menu

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 | Country Vegetable Pie (V) (pastry) Creamy vegetable pie with a shortcrust topper | Mild Chickpea & Potato Curry with a Rice side **(V) A tasty chick pea and potato masala | Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta |
| Packed Lunch | Tuna, Ham or Cheese Sandwich served with Veg Sticks And Fresh Fruit or Dessert of the Day | | | | |
| Jacket Potato | Jacket Potato With A Choice Of Fillings | | | | |
| Vegetables | Sweetcorn Broccoli | Peas Carrots | Carrots Cabbage | Sweetcorn Broccoli | Baked Beans Peas |
| Desserts | Raspberry Yoghurt Cake | Fruit Sponge & Custard 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

