

# Primary Autumn Winter 2020 Menu

## Week 1

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

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
<b>Hot Main Dish</b>	<b>Cheese and Tomato Pizza **</b> <i>with Dough Balls (V)</i>  Cheesy Tomato Topped Pizza Slice	<b>Chicken Tikka Masala with Rice **</b>  Succulent chicken in a mild curry sauce	<b>Tender Roast Gammon with Potatoes and Gravy</b>  Tender Gammon with fluffy roasties and tasty gravy	<b>Lasagne with a Garlic &amp; Herb Bread Wedge **</b>  A classic Italian layered pasta dish with beef mince	<b>Southern Fried Chicken Tasters</b>  Lightly seasoned crispy chicken strips and scrummy chips
<b>Alternative Dish</b>	<b>Sausage and Mash with Gravy (V)</b>  Fluffy mash with veggie sausages and rich gravy	<b>Baked Macaroni (V)</b>  Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	<b>Pastry Slice with Roast Potatoes and Gravy (V) (pastry)</b>  Pumpkin and potatoes wrapped in flaky pastry	<b>Chilli Macaroni (V)</b>  A lightly spiced Mac N Cheese	<b>Soft Taco and Chips (V)</b>  A soft taco shell filled with a yummy veggie tomato chilli
<b>Packed Lunch</b>	<b>Ham, Tuna Mayo or Cheese Sandwich served with Veg Sticks And Fresh Fruit or Bear Yo Yo or Dessert of the Day</b>				
<b>Jacket Potato</b>	<b>Jacket Potato With A Choice Of Fillings – Cheese, Beans or Tuna Mayo</b>				
<b>Pasta</b>	<b>Tomato Pasta ** (V)</b> A delicious fresh, homemade tomato sauce with penne pasta				
<b>Vegetables</b>	<b>Sweetcorn Broccoli and Cauliflower Medley</b>	<b>Broccoli Peas</b>	<b>Cabbage Carrots</b>	<b>Sweetcorn Broccoli</b>	<b>Peas Baked Beans</b>
<b>Desserts</b>	<b>Creamy Peach Rice Pudding</b>	<b>Apple &amp; Carrot Yoghurt Muffin *</b>	<b>Strawberry Ice Cream</b>	<b>Chocolate Cake</b>	<b>Oatie Biscuit with Fruit Slices *</b>

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## Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Chinese Veggie Noodles (V)</b>  Fragrant egg noodles with stir fried vegetables	<b>Sausage and Mash with Gravy</b>  Traditional Pork Sausage and Mash with rich Gravy	<b>Roast Turkey with Roast Potatoes and Gravy</b>  Moist roast turkey with fluffy roasties and tasty gravy	<b>Pasta Bolognese **</b>  A classic Italian beef Bolognese in a yummy tomato and beef sauce	<b>Golden Fish Fingers and Chips</b>  Crispy Fish Fingers and scrummy chips
<b>Alternative Dish</b>	<b>Cheese and Tomato Pizza ** with Dough Balls (V)</b>  Cheesy Tomato Topped Pizza Slice	<b>Quorn Bolognese **(V)</b>  Penne pasta in a yummy tomato and Quorn sauce	<b>Country Vegetable Pie (V) (pastry)</b>  Creamy vegetable pie with a shortcrust topper	<b>Mild Chickpea &amp; Potato Curry with a Rice side **(V)</b>  A tasty chick pea and potato masala	<b>Beany Burger with Chips (V)</b>  A delicious homemade beany burger
<b>Packed Lunch</b>	Ham, Tuna Mayo or Cheese Sandwich served with Veg Sticks And Fresh Fruit or Bear Yo Yo or Dessert of the Day				
<b>Jacket Potato</b>	Jacket Potato With A Choice Of Fillings				
<b>Pasta</b>	<b>Tomato Pasta ** (V)</b> A delicious fresh, homemade tomato sauce with penne pasta				
<b>Vegetables</b>	Sweetcorn Broccoli	Peas Carrots	Carrots Cabbage	Sweetcorn Broccoli	Baked Beans Peas
<b>Desserts</b>	Raspberry Yoghurt Cake	Peach Shortbread Pudding * with Custard	Flapjack with Fruit Slices *	Chocolate Apricot Brownie	Vanilla Ice Cream

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