Primary Autumn Winter 2019 Menu
Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	**Chinese Chicken Noodles** A classic Chinese chicken noodle dish packed with flavour	**Mac 'N' Cheese** Pasta spirals in a tasty cheesy sauce	**Roast Turkey *with Roast Potatoes and Gravy*** Traditional Roast dinner with Roast Gammon	**Beef Burger with Potato Wedges**	**Salmon/Cod Fish Fingers *** and Chips** A classic fish finger lunch
Alternative Dish	**Cheese and Tomato Pizza ** *with Potato Wedges*** Simple but classic!	**Tomato and Basil Pasta** **A simple , no fuss pasta dish with a tomato and basil sauce**	**Quorn Roast with Roast Potatoes and Gravy** Traditional vegetarian roast with Quorn	**Tortilla Pie with Rice** **Sweetcorn in a tomato sauce layered onto tortilla wrap, stacked with baked beans and topped with melted cheese**	**Quorn Dippers *with Chips***
Additional	**Assorted Jacket Potatoes**	**Assorted Jacket Potatoes**	**Assorted Jacket Potatoes**	**Assorted Jacket Potatoes**	**Assorted Jacket Potatoes**
Vegetables	**Seasonal Vegetables**	**Seasonal Vegetables**	**Seasonal Vegetables**	**Seasonal Vegetables**	**Baked Beans** **Peas**
Desserts	**Chocolate Slice ***	**Orange Drizzle Cake**	**Shortbread Biscuit**	**Apple and Pear Strudel*** *with Custard*	**Chocolate Sponge With Peaches**

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

*Fruit Based **Wholegrain ***Oily Fish

Primary Autumn Winter 2019 Menu
Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	**Baked Bean and Cheese Wrap with Potato Wedges** **Commonly known as a Quesadilla a twist on the classic with baked beans and cheese**	**Chicken and Sweet corn Pie with Mash Potato Chicken and sweet corn in a creamy sauce topped with a short crust pastry**	**Roast Gammon *with Roast Potatoes and Gravy*** Traditional Roast dinner with Roast Pork	**BBQ Beef Meatballs** Delicious Texan inspired BBQ beef meatballs in a tomato sauce with pasta spirals**	**Fish Fingers *and Chips*** A classic fish finger lunch
Alternative Dish	**Cheese and Tomato Pizza ** *with Potato Wedges*** Simple but classic!	**Quorn Bolognese **** A classic Quorn Italian Bolognese	**Quorn Roast *with Roast Potatoes with Gravy***	**Quorn Balls in a Tomato Sauce with Pasta** **Tasty Quorn balls in a tomato sauce with pasta spirals**	**Caramelised Red Onion and Mozzarella Tart *with Chips*** Delicious light vegetarian tart
Additional	**Assorted Jacket Potatoes**	**Assorted Jacket Potatoes**	**Assorted Jacket Potatoes**	**Assorted Jacket Potatoes**	***Assorted Jacket Potatoes***
Vegetables	**Seasonal Vegetables**	**Seasonal Vegetables**	**Seasonal Vegetables**	**Seasonal Vegetables**	**Baked Beans** **Peas**
Desserts	**Mango Frozen Yoghurt**	**Fruit Crumble With Custard**	**Flapjack** *with Fruit Slices* *	**Chocolate Cake**	**Cheese and Biscuits**

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

*Fruit Based **Wholegrain ***Oily Fish

Primary Autumn Winter 2019 Menu
Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	**Cheese and Tomato Pizza **** ***with Potato Wedges*** Simple but classic!	**Pork Sausages** ***with Mashed Potato*** ***and Gravy*** Simple but classic…sausage and mash	**Roast Turkey** ***with Roast Potatoes*** ***and Gravy*** Traditional Roast dinner with Roast Turkey	**Beef Bolognese** **A classis Italian beef bolognese ****	**Crispy Fish with Chips** Traditional fish and chips dinner
Alternative Dish	**Quorn Burger with Potato Wedges**	**Vegetarian Sausages** ***with Mashed Potato*** ***and Gravy*** A classic Quorn sausage and mash	**Quorn Roast** ***with Roast Potatoes*** ***and Gravy***	**Quorn Bolognese** **Served with Pasta**	**Baked Bean Omelette** ***with Chips*** A baked vegetarian omelette
Additional	**Assorted Jacket Potatoes**	**Assorted Jacket potatoes**	**Assorted Jacket Potatoes**	**Assorted Jacket Potatoes**	**Assorted Jacket Potatoes**
Vegetables	**Seasonal Vegetables**	**Seasonal Vegetables**	**Seasonal Vegetables**	**Seasonal Vegetables**	**Peas** **Baked Beans**
Desserts	**Orange Shortbread**	**Crunchy Chocolate Biscuit** *with Fruit Slices* *****	**Strawberry Frozen Yoghurt**	**Chocolate and Raspberry Swirl Cake** *with Custard*	**Banana and Cinnamon Cake**

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

*Fruit Based **Wholegrain ***Oily Fish