

AUTUMN/WINTER MENU 17/18

	<u>Menu Week 1</u>	<u>Menu Week 2</u>	<u>Menu Week 3</u>
	Bread available every day	Bread available every day	Bread available every day
	Monday	Monday	Monday
Meat Option	Chicken, bacon, spinach & cherry tomato penne pasta with garlic bread	Traditional beef lasagne with focaccia bread & mixed salad	Bolognese mince with whole wheat pasta and crusty bread.
Veg Option	Button mushroom, spinach & cherry tomato penne pasta	Roasted mediterranean lasagne as above	Quorn mince as above
Dessert	Muller yoghurt	Muller yoghurt	Muller yoghurt
	Tuesday	Tuesday	Tuesday
Meat Option	100% beefburger in a seeded bun with curly fries & cucumber sticks	Chicken breast nuggets with creamy mash & whole wheat hoops	Turkey meatballs in a tomato & pepper sauce with rice
Veg Option	Veggi burger as above	Veggi kiev as above	Veggi balls as above
Dessert	Apple or tangerine	Honeydew or pineapple wedge	Apple or banana
	Wednesday	Wednesday	Wednesday
Meat Option	Bangers & mash with baked beans	Margherita ciabatta, herb diced potatoes & cherry tomatoes	Hotdog in a soft wholemeal roll with seasoned wedges, cherry tomatoes & ketchup
Veg Option	Sage & rosemary bangers as above	Cauliflower cheese as above	Quorn hotdog as above
Dessert	Apple cake & custard	Sticky toffee pudding & vanilla ice cream	Carrot & apple muffin
	Thursday	Thursday	Thursday
Meat Option	Roast beef, yorkshire pudding, cauliflower, baby carrots, green beans & roasties	Roast loin of pork with broccoli, carrots and roast potatoes	Roast chicken breast served with roast potatoes, broccoli, swede & carrot
Veg Option	Quorn as above	Quorn fillet as above	Quorn as above
Dessert	Cherry brownie	Cranberry & sunflower flapjack	Mini milk
	Friday	Friday	Friday
Meat Option	Jumbo cod fish fingers with seasoned wedges, peas & sweetcorn	Cod fishcake with buttered new potatoes & peas	Jacket potato with either salmon, cheese, beans, tuna and salad
Veg Option	Macaroni cheese	Grilled haloumi & mixed salad	Veggie as above
Dessert	Strawberry mousse	Organic apple ice lolly	Oat & raisin cookie