

## 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
	<b>Monday</b>	<b>Monday</b>	<b>Monday</b>
<b>Meat Option</b>	Chicken, bacon, spinach & cherry tomato penne pasta with garlic bread	Traditional beef lasagne with focaccia bread & mixed salad	Savoury mince, mash potato with broccoli florets and crusty bread.
<b>Veg Option</b>	Button mushroom, spinach & cherry tomato penne pasta	Roasted mediterranean lasagne as above	Quorn mince as above
<b>Dessert</b>	Muller yoghurt	Muller yoghurt	Muller yoghurt
	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>
<b>Meat Option</b>	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 whole wheat pasta
<b>Veg Option</b>	Veggi burger as above	Veggi kiev as above	Veggi balls as above
<b>Dessert</b>	Apple or tangerine	Honeydew or pineapple wedge	Apple or banana
	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>
<b>Meat Option</b>	Bangers & mash with baked beans	Margherita ciabatta, herb diced potatoes & cherry tomatoes	Hotdog in a soft wholemeal roll with seasoned wedges, cherry tomatoes & ketchup
<b>Veg Option</b>	Sage & rosemary bangers as above	Cauliflower cheese as above	Quorn hotdog as above
<b>Dessert</b>	Peach bread & butter pudding	Sticky toffee pudding & vanilla ice cream	Carrot & apple muffin
	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>
<b>Meat Option</b>	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
<b>Veg Option</b>	Quorn as above	Quorn fillet as above	Quorn as above
<b>Dessert</b>	Cherry brownie	Cranberry & sunflower flapjack	Mini milk
	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>
<b>Meat Option</b>	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
<b>Veg Option</b>	Macaroni cheese	Grilled haloumi & mixed salad	Veggie as above
<b>Dessert</b>	Strawberry mousse	Organic apple ice lolly	Oat & raisin cookie