

AUTUMN WINTER MENU 2014

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish	Home made Pasta bake with garlic bread	Home made Cottage pie	Pepperoni Pizza Breaded Salmon	Roast Gammon	Oven baked battered fish Oven baked Chicken chunks
Vegetarian Main Dish	Vegetarian sausage roll	Quorn Tikka pastie	Vegetarian pizza	Home made vegetarian pasta bake with crusty bread	Home made cheese flan
Carbohydrate	Oven baked diced potatoes	Creamed potatoes Jacket wedges Gravy	Oven baked pommes	Oven baked Roast potatoes Creamed potatoes	Chunky chips
Vegetable Option	Garden peas Fresh salad	Fresh broccoli Fresh salad	Sweetcorn Coleslaw Fresh salad	Fresh carrots Fresh salad	Peas or baked beans Fresh salad
Also Available	Jacket potato with a choice of fillings	Jacket potato with a choice of fillings	Jacket potato with a choice of fillings	Jacket potato with a choice of fillings	Jacket potato with a choice of fillings
Dessert	Flapjack	Chocolate sponge & chocolate sauce	Muffin	Fruit crumble with custard	Homemade biscuit
Daily Alternative	A piece of fruit Fruit flavoured yoghurt	A piece of fruit Fruit flavoured yoghurt	A piece of fruit Fruit flavoured yoghurt	A piece of fruit Fruit flavoured yoghurt	A piece of fruit Fruit flavoured yoghurt

Lunch will be served with a beaker of water, juice or milk. Wholemeal bread will also be available

Week 1 Menu Cycle - W/c 1st Sept, 22nd Sept, 13th Oct, 3rd Nov, 24th Nov, 15th Dec, 5th Jan, 26th Jan, 16th Feb, 9th Mar, 30th Mar

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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish	Pork meatballs with tomato sauce Breaded fish	Home made Chicken curry with rice	Home made Pasta bolognaise with garlic bread	Oven baked chicken fillet	Oven baked Welsh sausage Battered fish
Vegetarian Main Dish	Jacket potato filled with baked beans	Oven baked Vegetable nuggets	Plain omelette	Home made Cheese pasty	Vegetarian sausage
Carbohydrate	Egg noodles Oven baked pommes	Oven baked Potato wedges	Oven baked Hash browns	Oven baked Roast potatoes Creamed potatoes	Chunky chips
Vegetable Option	Sweetcorn Fresh salad	Peas Fresh salad	Baked beans Fresh broccoli Fresh salad	Fresh carrots Fresh salad	Peas or baked beans Fresh salad
Also Available	Jacket potato with a choice of fillings	Jacket potato with a choice of fillings	Jacket potato with a choice of fillings	Jacket potato with a choice of fillings	Jacket potato with a choice of fillings
Dessert	Home made sponge	Rice crispy cake	Ice cream	Home made Choco crunch	Muffin
Daily Alternative	A piece of fruit Fruit flavoured yoghurt	A piece of fruit Fruit flavoured yoghurt	A piece of fruit Fruit flavoured yoghurt	A piece of fruit Fruit flavoured yoghurt	A piece of fruit Fruit flavoured yoghurt

Lunch will be served with a beaker of water, juice or milk. Wholemeal bread will also be available

Week 2 Menu Cycle - W/c 8th Sept, 29th Sept, 20th Oct, 10th Nov, 1st Dec, 22nd Dec, 12th Jan, 2nd Feb, 23rd Feb, 16th Mar

AUTUMN WINTER MENU 2014

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Main Dish</i>	Oven baked breaded chicken	Home made Minced beef pie Gravy	Oven baked fish fingers	Home made Stewed steak Crispy chicken wrap	Oven Baked Battered Fish Roast Chicken Gravy
<i>Vegetarian Main Dish</i>	Homemade Macaroni cheese	French bread pizza	Home made Pasta bake with crusty baguette	Vegetarian wrap	Homemade Cheese Flan
<i>Carbohydrate</i>	Oven baked Diced potatoes	Oven baked Sauté potatoes	Oven baked Potato wedges	Crusty bread	Chunky Chips
<i>Vegetable Option</i>	Sweetcorn Fresh salad	Green beans Fresh salad	Fresh Carrots Fresh salad	Fresh Broccoli Fresh salad	Peas or baked beans Fresh salad
<i>Also Available</i>	Jacket potato with a choice of fillings	Jacket potato with a choice of fillings	Jacket potato with a choice of fillings	Jacket potato with a choice of fillings	Jacket potato with a choice of fillings
<i>Dessert</i>	Homemade biscuit	Jelly	Lemon drizzle cake	Flavoured mousse	Cookie
<i>Daily Alternative</i>	A piece of fruit Fruit flavoured yoghurt	A piece of fruit Fruit flavoured yoghurt	A piece of fruit Fruit flavoured yoghurt	A piece of fruit Fruit flavoured yoghurt	A piece of fruit Fruit flavoured yoghurt

Lunch will be served with a beaker of water, juice or milk. Wholemeal bread will also be available

Week 3 Menu Cycle - uW/c 15th Sept, 6th Oct, 27th Oct, 17th Nov, 8th Dec, 29th Dec, 19th Jan, 9th Feb, 2nd Mar, 23rd Mar