

Autumn Term



Week 1 02/09/2019	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	<i>INSET DAY</i>	<i>INSET DAY</i>	Beef Meat Balls in Tomato Sauce <i>with spaghetti and garlic bread</i>	Chicken Ramen <i>with egg noodles</i>	Breaded Fish Fingers Or Steamed Pollock Fillets <i>lemon wedges and homemade tartare sauce</i>
Vegetarian			Cherry Tomato, Grilled Pepper and Red Onion Quiche	Tofu and Red Peppers in Oyster Sauce <i>with sweet chilli deep</i>	Homemade Margherita Pizza
Alternative			Oven Baked Jacket Potato <i>with ratatouille</i>	Wholemeal Penne Pasta <i>with basil and tomato sauce</i>	Oven Baked Jacket Potato <i>with cheddar cheese and tuna mayonnaise</i>
Vegetables			Sauté Courgette mixed with Spinach French Beans	Sweetcorn Broccoli	French Fries Baked Beans Garden Peas
Daily Cold Dessert			Chocolate and Banana Cake	Mixed Fruit Salad	Yoghurt and Jelly Bar
Daily Desserts	Every Day There Will Be A Selection Of Whole Fresh Fruit And Cut Fresh Fruit Pots, Jelly Pots, Natural Yoghurt And Toppings				
Daily salad	Cucumber, Tomato, Carrot, Mixed Salad Leaves, Sweetcorn, Grated Cheese, Coleslaw, Homemade Bread, Mix Bean Salad, Dressings, Pumpkin And Sun Flower Seeds				



Autumn Term

Week 2 09/09/2019	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	British Cumberland Pork Sausages <i>with onion gravy</i>	Boneless Chicken Thighs in BBQ and Mustard Sauce <i>served with rice n peas</i>	Lamb Tikka Masala <i>served with turmeric rice and mango chutney</i>	Lasagne with Minced Beef <i>with garlic bread</i>	Breaded Cod Fish Fingers Or Plain Grilled Pollock Fillets
Vegetarian	Vegetarian Sausages <i>with gravy</i>	Quorn Jambalaya	Dhal, Pumpkin and Spinach Curry <i>with poppadum</i>	Roast Beetroot and Spinach Risotto	Mushroom and Ricotta Filled Half Baked Potato
Alternative	Baked Sweet Potato <i>with coronation chicken</i>	Wholemeal Penne Pasta <i>with nut free green pesto and grated parmesan cheese</i>	Oven Baked Jacket Potato <i>with tuna mayonnaise</i>	Gnocchi <i>with rich tomato sauce</i>	Macaroni Cheese Bake
Vegetables	Mash Potatoes Baked Beans Sweet Corn	Roast Root Vegetables Steamed Broccoli	Steamed Kale Honey Glazed Roast Carrots	Green Beans Sauté Courgette	Chips Peas Baked Beans
Daily Cold Dessert	Lemon Biscuits	Mixed Fruit Pots	Water Melon Wedges	Coconut and Jam Cake	Yoghurt Bar <i>with toppings</i>
Everyday Desserts	Every Day There Will Be A Selection Of Whole Fresh Fruit And Cut Fresh Fruit Pots, Jelly Pots, Natural Yoghurt And Toppings				
Daily Salad	Cucumber, Tomato, Carrot, Mixed Salad Leaves, Sweetcorn, Grated Cheese, Coleslaw, Homemade Bread, Mix Bean Salad, Dressings, Pumpkin And Sun Flower Seeds				

Autumn Term



Week 3 16/09/2019	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Beef Pasta Alforno <i>with grated parmesan cheese</i>	Chicken Ala King <i>with orzo and spinach rice</i>	Roast Pork <i>with roast potato, Yorkshire pudding and gravy</i>	Cajun Spiced Diced Turkey <i>with steamed rice and homemade focaccia</i>	Breaded Cod Fillets Or Grilled Pollock
Vegetarian	Basil and Roast Pepper Pasta Bake	Chargrilled Vegetables and Halloumi Cheese Wraps <i>served with hummus</i>	Welsh Rarebit <i>traditional cheese on bloomer with Worcestershire sauce</i>	Chick Pea & Sweet Potato Tagine <i>with citrus cous cous</i>	Courgette and Feta Cheese Parcels
Alternative	Oven Baked Jacket Potato <i>with vegetarian chilli con carne</i>	Pasta Twist <i>with tomato and red bell sauce</i>	Oven Baked Jacket Potato <i>with cheese, tzatziki and baked Beans</i>	Pasta Penne <i>with sundried tomato, olives and grilled courgette</i>	Oven Baked Jacket Potato <i>with grated cheddar cheese</i>
Vegetables	Sweetcorn Sauté Leek and Carrots	Green Beans Roast Celeriac	Roast Potato Savoy Cabbage Lemon Carrots	Cauliflower and Broccoli Florets,	Chips Garden Peas Baked Beans
Special Cold Dessert	Pancake with Maple Syrup	Pineapple Slices	Chocolate and Beetroot Cake	Watermelon Wedges	Fruity Jelly Pots
Everyday Desserts	Every Day There Will Be A Selection Of Whole Fresh Fruit And Cut Fresh Fruit Pots, Jelly Pots, Natural Yoghurt And Toppings				
Daily Salad	Cucumber, Tomato, Carrot, Mixed Salad Leaves, Sweetcorn, Grated Cheese, Coleslaw, Homemade Bread, Mix Bean Salad, Dressings, Pumpkin And Sun Flower Seeds				

Autumn Term



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
23/09/2019					
Main Meal	Chicken Tagine <i>served with mint and citrus couscous</i>	Butchers Lamb and Mint Sausages <i>served with onion gravy</i>	Turkey and Leek Pie <i>served with gravy and garden peas</i>	Traditional Mince Beef Cottage Pie <i>with saute new potato,gravy</i>	Cod Fish Fingers or Grilled Fish Of The Day <i>With Lemon Mayonnaise</i>
Vegetarian	Puff Pastry Tart <i>with roast vegetables, goat's cheese & red pepper pesto</i>	Chick Pea, Lentil and Butternut Squash Homemade Sausage Rolls	Vegetarian Soya Mince Bolognaise <i>served with spaghetti</i>	Homemade Falafel and Hummus Wraps <i>served with chive and yoghurt deep</i>	Mozzarella and Nut Free Pesto Pizza
Alternative	Spaghetti Carbonara <i>with mushrooms and garlic bread</i>	Sweet Potato Bake <i>with grated cheddar cheese and baked beans</i>	Oven Baked Jacket Potato <i>with chicken curry</i>	Macaroni Cheese Bake	Vegan Chicken Nuggets <i>with peas and baked beans</i>
Vegetables	Rice 'n' Peas Honey Glazed Parsnip Sauté Cabbage	Mashed Potato Steamed Carrots Baked Beans	Spring Greens Cauliflower	Broccoli Spring Green	Minted Peas Baked Beans French Fried Chips
Daily Cold Desserts	Mixed Fruit Pots	Banana Cake	Pineapple And Watermelon Pot	Home Made Raisin Biscuits	Yoghurt Bar <i>with assorted toppings</i>
Everyday Dessert	Every Day There Will Be A Selection Of Whole Fresh Fruit And Cut Fresh Fruit Pots, Jelly Pots, Natural Yoghurt And Toppings				
Daily Salad	Cucumber, Tomato, Carrot, Mixed Salad Leaves, Sweetcorn, Grated Cheese, Coleslaw, Homemade Bread, Mix Bean Salad, Dressings, Pumpkin And Sun Flower Seeds				