

# Autumn Term



Week 1 28/10/2019	Monday	Tuesday	Wednesday	Thursday Halloween Party	Friday
Main meal	<i>HALF TERM</i>	<i>HALF TERM</i>	Mince Beef Bolognaise <i>with garlic bread</i>	<b>Spiders Legs with Chicken</b> Teriyaki Chicken <i>with egg noodles</i>	Breaded Fish Fingers Or Pan Fried Haddock <i>homemade tartare sauce</i>
Vegetarian			<i>Cherry Tomato, Grilled Pepper and Red Onion Quiche</i>	Vegetarian Chow Mein <i>with sweet chilli deep and rice noodles</i>	Homemade Margherita Pizza
Alternative			Oven Baked Jacket Potato <i>with ratatouille</i>	<b>Worms in Blood</b> <i>(Spaghetti in Rich Tomato Sauce)</i>	Cheese and Onion Potato Skins <i>with baked beans</i>
Vegetables			Penne Pasta Steamed Carrots French Beans	Sweetcorn Broccoli	French Fries Baked Beans Garden Peas
Daily Cold Dessert			Mixed Fruit Pots	<b>Halloween Cake</b> Chocolate and Pumpkin Cake	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				





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Week 2 05/11/2019	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	<b>British Cumberland Pork Sausages</b> <i>with onion gravy</i>	<b>Boneless Chicken Thighs in BBQ and Mustard Sauce</b>	<b>Roast Turkey Dinner</b> <i>served with Yorkshire puddings and cranberry sauce</i>	<b>Beef Meat Balls in a Tomato Sauce</b> <i>with garlic bread</i>	<b>British Beef Burgers with Sliced Cheese</b>
<b>Vegetarian</b>	<b>Vegetarian Sausages</b>	<b>Chinese Spring Rolls</b>	<b>Dhal, Pumpkin and Spinach Curry</b> <i>with poppadum</i>	<b>Kristina`s Vegetarian Cheese Bake</b>	<b>Vegetarian Burgers with Sliced Cheese</b>
<b>Alternative</b>	<b>Calzone Pizza</b> <i>with cheese and chopped tomato</i>	<b>Wholemeal Pasta Penne</b> <i>with nut free green pesto and grated parmesan cheese</i>	<b>Oven Baked Jacket Potato</b> <i>with tuna mayonnaise</i>	<b>Pasta Twist</b> <i>With a rich tomato sauce</i>	<b>Macaroni Cheese Bake</b>
<b>To Go with</b>	Creamy Mashed Potatoes Garden Peas Sweet Corn	Rice and Peas Roasted Root Vegetables Steamed Broccoli	Steamed Kale Honey Glazed Carrots	Rainbow Chard Sauté Courgette	Chips Peas Baked Beans
<b>Daily Cold Dessert</b>	<b>Mixed Fruit Pots</b>	<b>Lemon and Ginger Biscuits</b>	<b>Coconut and Jam Sponge</b>	<b>Carrot and Cinamon Cake</b>	<b>Yoghurt Bar</b> <i>with toppings</i>
<b>Everyday Desserts</b>	<b>Every Day There Will Be A Selection Of Whole Fresh Fruit And Cut Fresh Fruit Pots, Jelly Pots, Natural Yoghurt And Toppings</b>				
<b>Daily Salad</b>	<b>Cucumber, Tomato, Carrot, Mixed Salad Leaves, Sweetcorn, Grated Cheese, Coleslaw, Homemade Bread, Mix Bean Salad, Dressings, Pumpkin And Sun Flower Seeds</b>				



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Week 3 12/11/2019	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	<b>Beef Chilli Con carne</b> <i>with guacamole, sour cream, salsa and nachos</i>	<b>Seafood Paela</b> Or <b>Oven Baked Breaded Haddock</b>	<b>Roast Chicken</b> <i>with Yorkshire pudding and gravy</i>	<b>Cajun Spiced Diced Turkey</b> <i>with homemade focaccia</i>	<b>Crispy Chicken Goujons</b> <i>with garlic mayo</i>
<b>Vegetarian</b>	<b>Vegetarian Chilli Con Carne</b>	<b>Chargrilled Vegetables and Feta Cheese Wraps</b> <i>served with hummus</i>	<b>Stuffed Pancakes</b> <i>with spinach and cottage cheese</i>	<b>Katsu Butternut Squash Curry</b> <i>with mango chutney</i>	<b>Vegan Quorn Nuggets</b>
<b>Alternative</b>	<b>Oven Baked Jacket Potato</b> <i>with vegetarian chilli con carne</i>	<b>Pasta Twist</b> <i>with tomato and red bell sauce</i>	<b>Oven Baked Jacket Potato</b> <i>with cheese and baked beans</i>	<b>Pasta Penne</b> <i>with tuna and tomato sauce</i>	<b>Oven Baked Jacket Potato</b> <i>with grated cheddar cheese</i>
<b>Vegetables</b>	Fluffy rice Sweetcorn Glazed Carrots	New Potatoes Green Beans Roasted Celeriac	Roast Potatoes Savoy Cabbage Steamed Carrots	Fluffy rice Steamed Broccoli Green Beans	Oven Baked Chips Garden Peas Baked Beans
<b>Special Cold Dessert</b>	<b>Watermelon Slices</b>	<b>Orange and Vanilla Cake</b>	<b>Chocolate Chip Cookies</b>	<b>Oat and Sultana Biscuits</b>	<b>Fruity Jelly Pots</b>
<b>Everyday Desserts</b>	<b>Every Day There Will Be A Selection Of Whole Fresh Fruit And Cut Fresh Fruit Pots, Jelly Pots, Natural Yoghurt And Toppings</b>				
<b>Daily Salad</b>	<b>Cucumber, Tomato, Carrot, Mixed Salad Leaves, Sweetcorn, Grated Cheese, Coleslaw, Homemade Bread, Mix Bean Salad, Dressings, Pumpkin And Sun Flower Seeds</b>				



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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>19/11/2019</b>					
<b>Main Meal</b>	<b>Grilled Paprika Chicken</b>	<b>Butchers Lamb and Mint Sausages</b> <i>served with onion gravy</i>	<b>Turkey and Leek Pie</b>	<b>Traditional Mince Beef Cottage Pie</b>	<b>Cod Fish Fingers Or Grilled Fish Of The Day</b> <i>with lemon mayonnaise</i>
<b>Vegetarian</b>	<b>Lorraine's Potato bake</b>	<b>Italian Cheese and Potato Frico</b> <i>served with grilled pitta bread</i>	<b>Vegetarian soya Mince Stuffed Peppers</b> <i>served with tomato sauce</i>	<b>Homemade Falafel and Hummus Wraps</b> <i>served with chive and yoghurt deep</i>	<b>Mozzarella and Nut Free Pesto Pizza</b>
<b>Alternative</b>	<b>Spaghetti Carbonara</b> <i>with mushrooms and garlic bread</i>	<b>Sweet Potato Bake</b> <i>with grated cheddar cheese and baked beans</i>	<b>Oven Baked Jacket Potato</b> <i>with chicken curry</i>	<b>Macaroni Cheese</b>	<b>Vegan Chicken Nuggets</b> <i>with peas and baked beans</i>
<b>Vegetables</b>	Rice 'n' Peas Honey Glazed Parsnip Sauté Cabbage	Mash Potatoes Peas Steamed Carrots	New Potatoes Spring Green Cauliflower	Broccoli Spring Green	Garden Peas Baked Beans French Fried Chips
<b>Daily Cold Desserts</b>	<b>Mixed Fruit Pots</b>	<b>Banana Cake with Custard</b>	<b>Apricot Flapjacks</b>	<b>Vanilla Sponge Cake</b>	<b>Assorted Yoghurt Pots</b>
<b>Everyday Dessert</b>	<b>Every Day There Will Be A Selection Of Whole Fresh Fruit And Cut Fresh Fruit Pots, Jelly Pots, Natural Yoghurt And Toppings</b>				
<b>Daily Salad</b>	<b>Cucumber, Tomato, Carrot, Mixed Salad Leaves, Sweetcorn, Grated Cheese, Coleslaw, Homemade Bread, Mix Bean Salad, Dressings, Pumpkin And Sun Flower Seeds</b>				