

PRIMARY AUTUMN WINTER 2018/2019 MENU

WEEK ONE



Primary Menu Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Red Tractor Turkey Meatballs with a Side of Crushed New Potatoes and Spicy Tomato Sauce	Classic Italian Lasagne topped with Mozzarella served with Garlic Dough Balls	Mild Chicken Curry served with Steamed Brown Rice and Garlic Naan Strips	Roast Chicken served with all the Traditional Accompaniments, Roast Potatoes, Yorkshire Pudding and Gravy	Freshly Baked Fillet of Battered MSC certified Fish with Chips
Vegetarian Main Course	Organic Macaroni Cheese Bake	Roasted Vegetable Sausages served with Red Onion Gravy and Creamy Mash	Provençale Vegetable, Basil and Wholemeal Tortilla Lasagne with Garlic Dough Balls	Quorn Roast Dinner with all of the Roast Dinner Trimmings	Baked Vegetable Spring Roll with a Curry Sauce and Chips
Alternative Main Course	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise available daily				
Vegetables	Garden Peas and Broccoli	Fresh Carrots and Sweetcorn	Sweetcorn and Savoy Cabbage	Sliced Green Beans Cauliflower	Garden Peas or Baked Beans
Dessert	Reduced Sugar Chocolate Cake	Cherry and Sultana Flapjack	Fruit Jelly and Ice Cream	Pear and Cinnamon Cake with Custard	Chocolate Brownie
Pick 'n' Mix Sandwich/Baguette/Wrap	Ham	Tuna	Egg	Cheese	Chicken Mayonnaise
Crudité	Crunchy Vegetable Sticks in a Pot available daily				

Freshly Prepared Salad, Daily Fresh Bread, Fresh Fruit Selection and Yoghurts Available Daily



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WEEK TWO



Primary Menu Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Fresh Salmon and Tuna Pasta Bake with Fresh Herbs and Tomato and Garlic Bread	Braised Red Tractor Beef, Vegetable and Potato Pie, and it's topped with our delicious Shortcrust Pastry!	Traditional Shepherd's Pie served with a Rich Gravy and Fluffy Mash	Roast Turkey served with Roast Potatoes, Yorkshire Pudding and a delicious Gravy	Freshly Baked Fish Fingers with Chips
Vegetarian Main Course	Baked Vegetable Pizza served with a Fresh Garden Salad	Roasted Winter Root Vegetable Casserole topped with Fresh Parsley and Cheddar Cheese Wholemeal Croutons	Japanese Vegetable Katsu Curry with Wholegrain Coriander Rice	Quorn Roast Dinner with all of the Roast Dinner Trimmings	Oven Baked Bean Burrito with Chips and Spicy Tomato Sauce
Alternative Main Course	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise available daily				
Vegetables	Garden Peas and Fresh Carrots	Sweetcorn and Broccoli	Braised Red Cabbage and Sweetcorn	Sliced Green Beans and Fresh Carrots	Garden Peas or Baked Beans
Dessert	Apple Crumble with Custard	Fruity Flapjack Slice	Fruit Jelly and Ice Cream Tub	Gingerbread Pudding and Custard	Blueberry Muffin
Pick 'n' Mix Sandwich/Baguette/Wrap	Ham	Tuna	Egg	Cheese	Chicken Mayonnaise
Crudité	Crunchy Vegetable Sticks in a Pot available daily				

Freshly Prepared Salad, Daily Fresh Bread, Fresh Fruit Selection and Yoghurts Available Daily



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WEEK THREE



Primary Menu Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	British Farm Assured Chicken Sausages and Mash with a Red Onion Gravy	Low and Slow Braised Beef Bolognese with Organic Penne Pasta	Minced Turkey Meatballs with Wholegrain Rice and a Rustic Tomato Sauce	Roast Beef served with Roast Potatoes, Yorkshire Pudding and delicious Gravy	Freshly Baked Fish Fingers with Chips and Garden Peas
Vegetarian Main Course	Bubble and Squeak Frittata Slice served with a Fresh Garden Salad	Braised Mexican Bean Stew with a Mild Spiced Tomato Sauce and Folded Flatbread	Chickpea and Aubergine Curry with Wholegrain Rice	Quorn Roast Dinner with all of the Roast Dinner Trimmings	Vegetarian Brunch Vegetarian Sausage, Baked Beans, Mushroom and Mini Hash Browns
Alternative Main Course	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise available daily				
Vegetables	Peas and Broccoli	Sliced Beans and Sweetcorn	Roasted Mediterranean Vegetables and Broccoli	Carrots and Cabbage	Garden Peas or Baked Beans
Dessert	Eves Pudding and Custard	Superfood Flapjack	Fruit Jelly and Ice Cream Tub	Traybake	Chocolate Crunch Slice
Pick 'n' Mix Sandwich/Baguette/Wrap	Ham	Tuna	Egg	Cheese	Chicken Mayonnaise
Crudit�	Crunchy Vegetable Sticks in a Pot available daily				

Freshly Prepared Salad, Daily Fresh Bread, Fresh Fruit Selection and Yoghurts Available Daily

