

AUTUMN TERM 2016

DAY		WEEK 1	WEEK 2	WEEK 3	WEEK 4
Monday	<i>Main</i>	Chicken Curry, Rice & Naan Bread	Sweet & Sour Chicken, Vegetable Rice	Toad in the Hole, Mashed Potatoes & Peas or Baked Beans	Chicken Fajitas, Salad, Sour Cream & Cheese
	<i>Veg</i>	Mixed Bean Curry	Cheese & Tomato Omelette	Vegetarian Toad in the Hole	Vegetable Fajitas
	<i>Dessert</i>	Choc Ice	Mini Jam Doughnut	Chocolate Tart	Homemade Vanilla Muffin
Tuesday	<i>Main</i>	Roast Beef, Yorkshire Pudding, Roast Potatoes, vegetables, Horseradish Sauce	Roast Pork, Roast Potatoes, Green Beans & Carrots, Apple Sauce	Roast Chicken Thighs, Roast Potatoes, Vegetables, Sage & Onion Gravy	Roast Lamb, Roast Potatoes, Green Beans & Carrots, Mint Sauce, Gravy,
	<i>Veg</i>	Vegetable Roast or Tomato & Feta Cheese Quiche	Vegetable Roast or Cheese & Onion Quiche	Vegetable Roast or Chargrilled Pimento & Onion Quiche	Vegetable Roast or Asparagus Quiche
	<i>Dessert</i>	Fresh & Dried Fruit Selection, Yogurt	Fresh & Dried Fruit Selection, Yogurt	Fresh & Dried Fruit Selection, Yogurt	Fresh & Dried Fruit Selection, Yogurt
Wednesday	<i>Main</i>	Macaroni Cheese, Mixed Salad	Cheese, Tomato & Pepperoni Pizza, Mixed Salad	Beef Madras, Vegetable Rice & Naan Bread	Gluten free Sausages, Mashed Potatoes & Mixed Vegetables, Gravy
	<i>Veg</i>	As above	Margarita Pizza	Cheese and Tomato Omelette	Vegetarian Sausages
	<i>Dessert</i>	Fruit Jelly	Strawberry Mousse	Chocolate Crispy Cake	Rice Pudding & Jam
Thursday	<i>Main</i>	Chicken & Vegetable Casserole, Boiled Potatoes	Chicken Fajitas, Salad, Sour Cream & Cheese	Lasagne, Garlic Bread	Bolognese Pasta Bake, Salad & Crusty Bread
	<i>Veg</i>	Vegetable Cassoulet	Mixed Bean Tacos	Jacket Potato with a choice of vegetarian toppings	Ratatouille, Crusty Bread
	<i>Dessert</i>	Healthy eating Strawberry Yogurt	Profiteroles	Raspberry Ripple Ice Cream Roll	Millionaire Shortbread
Friday	<i>Main</i>	Meatballs in Tomato Sauce and whole wheat pasta	Salmon Fish Fingers, Chips & Peas or Baked Beans	Cod & Salmon Fish Pie, Broccoli	Cod Goujons, Chips & Peas or Baked Beans
	<i>Veg</i>	Cheese Tortellini in Tomato Sauce	Vegetable Stew, Crusty Cheese French Bread Croutons	Leeks & Potato in Cheese Sauce	Egg Florentine
	<i>Dessert</i>	Apple Sponge & Custard	Vanilla Sponge & Custard	Mixed Berry Crumble, Custard	Jam Sponge & Custard
Daily Soup & Salad Bar	<i>Soup will be available daily as an addition to the above menu At least 2 options of a meat /fish based dish & at least 1 vegetarian main course. Up to 10 side salads, plus freshly baked baguettes for added carbohydrate, grated cheese as an option with the vegetarian soups on Tuesdays for added protein.</i>				