

AUTUMN TERM 2017

DAY		WEEK 1	WEEK 2	WEEK 3	WEEK 4
Monday	<i>Main</i>	Beef stew & cheese cobbler. Boiled potatoes, mixed vegetables.	Chicken curry & vegetable rice	Toad in the hole, mashed potatoes & petit pois	Chicken fajitas, salad & sour cream
	<i>Veg</i>	Quorn stew	Vegetable curry	Vegetarian toad in the hole	Vegetable fajitas
	<i>Dessert</i>	Strawberry mousse	Pear halves and chocolate sauce	Jam tart	Cheesecake
Tuesday	<i>Main</i>	Roast chicken thighs, roast potatoes, beans and carrots	Roast leg of pork, apple sauce, roast potatoes, green beans & carrots	Roast turkey in gravy, roast potatoes, beans and carrots	Roast beef, Yorkshire puddings, roast potatoes, beans & carrots
	<i>Veg</i>	Quorn roast	Quorn roast	Quorn roast	Quorn roast
	<i>Dessert</i>	Greek yogurt & toppings	Greek yogurt & toppings	Greek yogurt & toppings	Greek yogurt & toppings
Wednesday	<i>Main</i>	Macaroni cheese & mixed salad	Burger in a bun, curly fries, baked beans	Beef casserole, mixed vegetables, herby diced potatoes	Pork sausages, mashed potatoes, spaghetti hoops & gravy
	<i>Veg</i>	As above	Veggie burger	Quorn casserole	Vegetarian sausages
	<i>Dessert</i>	Chocolate crispy cake	Greek yogurt & toppings	Lemon meringue pie	Lemon drizzle cake
Thursday	<i>Main</i>	Lasagne bolognese & garlic and plain bread	Meatballs in tomato & basil sauce with fusilli pasta	Pasta with bolognese sauce, garlic bread and crusty bread & mixed salad	Chicken pie, boiled baby potatoes, sweetcorn
	<i>Veg</i>	Vegetable lasagna	Quorn balls & pasta	Quorn bolognese	Quorn & vegetable pie
	<i>Dessert</i>	Fruit jelly	Banana cake	Homemade chocolate chip muffin	Rice pudding & jam
Friday	<i>Main</i>	Cod goujons, chips & peas or baked beans	Fish fingers, sauté potatoes, baked beans and petit pois	Crispy cod bites, chips and spaghetti hoops	Battered cod, chips, baked beans or peas.
	<i>Veg</i>	Cheese omelette	Asparagus quiche	Cheese and tomato tortellini	Feta quiche
	<i>Dessert</i>	Fruit crumble & custard	Vanilla sponge & custard	Jam sponge & custard	Chocolate 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>				