

Autumn Term 2018 Menus

MENU: WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Beef Bolognaise	Sweet and Sour Pork	Roast Turkey	Chicken, Coriander and Lime Curry	Battered Fish
VEGETARIAN CHOICE	Feta, Spinach and Lemon Rice	Quorn and Vegetable Stir Fry	Root Vegetable Hotpot	Autumn Vegetable and Chickpea Korma	Battered Quorn Sausage
JACKET POTATO FILLING	Cheese and Apple Coleslaw	Cheese	Tuna Mayonnaise	Baked Beans	Chicken and Sweetcorn Mayonnaise
STARCHY FOOD	Spaghetti	Noodles	Roast Potatoes	Wholegrain Rice	Chips
VEGETABLES	Green Beans	Sweetcorn and Carrots	Peas and Red Cabbage	Broccoli	Mushy Peas or Baked Beans
DESSERT	Jelly	Lemon and Poppyseed Cake	Chocolate Orange Cake	Apple and Blackcurrant Crumble	Ice Cream

Chef's Salad, Freshly Cut Fruit, Yoghurt and Freshly Baked Bread are also available daily

Food Allergies & Intolerance - If you require information on allergens or suffer from a food intolerance, please speak to a Team Member before you order your food and drinks



MENU: WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Pepperoni Pizza	Mediterranean Chicken	Maple Glazed Bacon Loin and Gravy	Lasagne	Breaded Fish
VEGETARIAN CHOICE	Roasted Vegetable Pizza	Sweet Potato and Spinach Frittata	Quorn Cottage Pie	Macaroni Cheese	Veggie Burger
JACKET POTATO FILLING	Cheese and Bacon Coleslaw	Cheese	Tuna Mayonnaise	Baked Beans	Chicken and Ham Mayonnaise
STARCHY FOOD	Diced Potatoes	Wholemeal Pasta	Mashed Potato	Spicy Baked Wedges	Chips
VEGETABLES	Sweetcorn	Green Beans	Carrots and Swede	Vegetable Medley	Peas or Baked Beans
DESSERT	Krispie Cake	Vanilla Sponge and Custard	Fruity Jelly	Cherry and Chocolate Bake	Strawberry Mousse

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MENU: WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cumberland Sausages with Caramelised Onion Gravy	Lime, Ginger and Soy Salmon Fillet	Beef and Vegetable Casserole	Chicken and Leek Pie	Battered Fish
VEGETARIAN CHOICE	Roasted Mediterranean Vegetable Parcel	Pasta in a Tomato and Basil Sauce	Autumn Vegetable Casserole	Vegetarian Chilli and Rice	Mixed Bean and Vegetable Tortilla Bake
JACKET POTATO FILLING	Pineapple and Sultana Coleslaw	Cheese	Tuna Mayonnaise	Baked Beans	Coronation Chicken
STARCHY FOOD	Mashed Potato	New Potatoes	Wholemeal Dumpling	Herby Boiled Potatoes	Chips
VEGETABLES	Roasted Root Vegetables	Broccoli and Carrots	Sweetcorn	Green Beans	Peas or Baked Beans
DESSERT	Brownie	Banoffee Cake	Rice Pudding with Cinnamon	Fruity Oaty Crunch	Jelly

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WE'D LOVE TO HEAR FROM YOU . . .

Should you wish to talk to me directly then I may be contacted on 01604 677 456 and my e-mail is CWooldale@servest.co.uk

Finally, may I take this opportunity to thank you for taking the time to read this correspondence and offer a huge welcome to all the new pupils joining the School for the first time

Michelle Dean - Catering Manager