











Monday Tuesday Wednesday Thursday Friday Saturday Sunday

WINTER MENU 2018

Monday 'MEAT FREE'	Tuesday	Wednesday	Thursday	Friday
Jacket Potato with Cheese or Tuna Filling	Cottage Pie or Vegetable Pie (v)	Roast Beef Yorkshire Pudding, or Quorn Fillets (v)	Chicken Italiane and Nacho Topping or Baked Mexican Wrap (v)	Omega 3 Fish Fingers or Quorn Dippers with BBQ Sauce (v)
				
Baked Beans Sweetcorn Salad Coleslaw	Cheesy Mash Broccoli and Peas	Roast Potatoes Seasonal Vegetables	Rice Green Beans	Crispy Chips Garden Peas Baked Beans
				
Fresh Fruit Platter	Smoothies	Winter Berry Jelly	Frozen Yoghurt	Chocolate Cake & Chocolate Sauce



Also available Daily - Fresh Bread; Fresh Fruit; Salad Bar; Yeo Valley Yoghurt; Fresh Milk and Water











Week One: 29/10, 19/11, 10/12, 07/1, 28/1

WEEK 1



Monday Tuesday Wednesday Thursday Friday Saturday Sunday

WINTER MENU 2018

Monday 'MEAT FREE'	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese Garlic Bread	Homemade Chicken Pie with a Shortcrust Pastry & Gravy	Roast Chicken Yorkshire Pudding Rich Gravy	Beef Lasagne	Omega 3 Fish Fingers
or	or	or	or	or
Veggie Burger in a Bun with Tomato Relish	Cheddar Whirls (v)	Quorn Fillets (v)	Quorn Lasagne (v)	Cheese Flan (v)
				
Peas Mixed Salad	Mashed Potatoes Fresh Sliced Carrots Green Beans	Roast Potatoes Seasonal Vegetables	Sweetcorn Garlic Bread	Crispy Chips Garden Peas Baked Beans
				
Fresh Fruit Platter	Smoothies	Ice Cream Pots	Yoghurts	Muffins

Also available Daily - Fresh Bread; Fresh Fruit; Salad Bar; Yeo Valley Yoghurt; Fresh Milk and Water



Week Two: 05/11, 26/11, 17/12, 14/1,04/2

WEEK 2




Monday Tuesday Wednesday Thursday Friday Saturday Sunday


WINTER MENU 2018

Monday
'MEAT FREE'

Pasta
With Schools Favourite
Sauce



Sweetcorn
Garlic Bread




Fresh Fruit Platter

Tuesday


Chicken & Sweet Potato
Curry

or

Vegetable Parcels (v)



Rice
Green Beans




Smoothies

Wednesday


Roast Gammon
Yorkshire Pudding
Gravy

or

Quorn Fillet (v)



Roast Potatoes
Seasonal Vegetables



Fresh Fruit Platter

Thursday

Meatballs in Rustic
Tomato Sauce

or

Frittata Boats (v)



Spaghetti
Broccoli




Frozen Yoghurts

Friday


Butchers
Beef Burger in a Bun
with Tomato Sauce

or

Vegetable Burger in a
Bun with Tomato Sauce
(v)



Crispy Chips
Garden Peas
Beans



Autumn Spice Tray Bake



*Also available Daily; Fresh Bread: Fresh Fruit: Salad Bar; Yeo Valley yoghurt: Fresh Milk and Water
Week Three: 12/11, 3/12, 3/1, 21/1, 11/2*



WEEK 3

Tuesday Wednesday Thursday Saturday Sunday Monday