

**MENU: October 2018 – April 2019**

Week starting: 29 October, 19 November, 10 December, 14 January, 4 February, 4 March, 25 March		Week starting: 5 November, 26 November, 17 December, 21 January, 11 February, 11 March, 1 April		Week starting: 12 November, 3 December, 7 January, 28 January, 25 February, 18 March	
Monday (Week 1)		Monday (Week 2)		Monday (Week 3)	
M	Chicken Fillet in a roll	M	Mediterranean Pizza	M	Hot Dog with tomato sauce
V	Creamy Veggie Rice	V	Singapore Noodles	V	Smoky Lentil Black Bean Chilli
S	Baked Beans or Coleslaw, Diced pots	S	Baked beans or peas, potato wedges	S	Sweetcorn and peas, herby potatoes
D	Apple & Cherry Crumble with Custard	D	Dairy free chocolate cake with orange icing	D	Fruit muffin with a milk drink
Tuesday (Week 1)		Tuesday (Week 2)		Tuesday (Week 3)	
M	Spaghetti Bolognese	M	Cottage Pie	M	Chicken Pasta Bake
V	Vegetable Chilli, sour cream and rice	V	Cheese Wheels	V	Marguerita Pizza Baguette
S	Sweetcorn, Garlic bread	S	Mixed veg, diced potatoes	S	Coleslaw and Baked beans, pasta
D	Strawberry crispy cake	D	Apple and Raspberry Strudel with custard	D	Flapjack with a milk drink
Wednesday (Week 1)		Wednesday (Week 2)		Wednesday (Week 3)	
M	Roast pork fillet, apple sauce and gravy	M	Roast Chicken, stuffing, gravy	M	Roast beef, Yorkshire pudding, gravy
V	Homity Pie	V	Quorn fillet	V	Homemade Veggie Roast
S	Roast potatoes or creamed potatoes, peas, green beans and carrots	S	Roast potatoes or creamed potatoes, carrots, broccoli & gravy	S	Roast potatoes or creamed potatoes, cabbage and carrots & gravy
D	Fresh fruit platter or frozen yoghurt	D	Fresh fruit platter or frozen yoghurt	D	Fresh fruit platter or frozen yoghurt
Thursday (Week 1)		Thursday (Week 2)		Thursday (Week 3)	
M	Beek steak	M	Organic Pork Meatballs	M	Gammon steak with pineapple
V	Macaroni cheese	V	Mexican Bean Spicy Rice	V	Mild curry served with rice
S	Peas, tomatoes or mushrooms, baked potato wedges	S	Sweetcorn, pasta	S	Mixed veg or baked beans, creamed pots
D	Chocolate crunch finger and ice cream	D	Apple & Strawberry Jelly and ice cream	D	Apple and ginger cake with custard
Friday (Week 1)		Friday (Week 2)		Friday (Week 3)	
M	Harry Ramsdens' battered fish	M	Oven baked salmon fish fingers	M	Battered seaside fish
V	Battered quorn nuggets	V	Southern style quorn burger	V	Quorn Sausage Roll
S	Chips or pasta, seasonal veg, baked beans.	S	Peas or baked beans, chips or pasta	S	Peas or baked beans, chips or pasta
D	Oak cookie and milk drink	D	Rosalie Italian biscuit and a fruit drink	D	Chocolate Brownie and milk drink

Key: M: Main V: Vegetarian S: Sides D: Dessert

Week starting:		Week starting:		Week starting:	
29 Oct	Wk 1	05 Nov	Wk 2	12 Nov	Wk 3
19 Nov	Wk 1	26 Nov	Wk 2	03 Dec	Wk 3
10 Dec	Wk 1	17 Dec	Wk 2	07 Jan	Wk 3
14 Jan	Wk 1	21 Jan	Wk 2	28 Jan	Wk 3
04 Feb	Wk 1	11 Feb	Wk 2	25 Feb	Wk 3
04 Mar	Wk 1	11 Mar	Wk 2	18 Mar	Wk 3
25 Mar	Wk 1	01 Apr	Wk 2		

