Food For Life Autumn/Winter 2018 Menu

uper 🖊	Monday 7	Tuesday	W ≥dnesday	Thursday	Friday
Hot Main Dish	Mac 'N' Cheese Macaroni Cheese	Chicken Mayo Bun with Jacket Wedges	Roast Turkey with Roast Potatoes & Gravy	Pork Ragu with Rice **	Crispy Fish & Chips Crispy Battered Pollock with Chips
Alternative Dish	Mild Potato and Chickpea Curry with Rice **	Creamy Broccoli and Sweetcorn Pasta **	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy	Vegetable and Cream Cheese Crumble with Mashed Potato	Quorn Dippers with Chips
Vegetables	Sweetcorn Green Beans	Peas Carrots	Cabbage Cauliflower	Carrots Broccoli	Baked Beans Crunchy Coleslaw
Desserts	Flapjack with Fruit Slices *	Pear and Ginger Crumble * with Custard	Chocolate Ice Cream	Brownie Cake	Lemon Shortbread

Cool Water, Fresh Fruit and Yoghurt served daily
*Fruit Based **Wholegrain ***Oily Fish





Food For Life Autumn/Winter 2018 Menu

uner 🖊	Monday 7	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mozzarella & Tomato Pizza ** with Pasta Salad **	Pork Sausages with Cheesy Mash	Roast Chicken with Roast Potatoes and Gravy	Chicken and Tomato Lasagne with Garlic & Herb Bread Wedge **	Golden Fish Fingers & Chips Breaded Fish Fingers with Chips
Alternative Dish	Vegetable Biryani	Vegetarian Sausages with Cheesy Mash	Cauliflower and Broccoli Cheese Bake with Roast Potatoes	Vegetarian Tagine with Rice **	Mediterranean Tart (pastry restricted) with Chips
Vegetables	Broccoli Sweetcorn	Baked Beans Peas	Cabbage Carrots	Green Beans Cauliflower	Peas Baked Beans
Desserts	Vanilla Ice Cream	St Clements Sponge Cake	Oatie Biscuit with Fruit Slices *	Apple and Berry Crumble * with Custard	Banana and Apricot Flapjack

Cool Water, Fresh Fruit and Yoghurt served daily *Fruit Based **Wholegrain ***Oily Fish



Food For Life Autumn/Winter 2018 Menu

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	uper	Monday 7	Tuesday	Wednesday	Thursday	Friday
	Hot Main Dish	Mozzarella & Tomato Pizza ** with Jacket Wedges	All Day Breakfast	Roast Pork with Roast Potatoes and Gravy	Beef Macaroni Bake with Garlic & Herb Bread Wedge **	Salmon Fish Fingers *** OR Golden Fish Fingers With Chips
	Alternative Dish	Tomato and Vegetable Savoury Rice	Vegetarian All Day Breakfast	Quorn Roast with Roast Potatoes with Gravy	Vegetable Korma with rice **	Baked Bean and Cheese Quesadilla with Chips
	Vegetables	Green Beans Sweetcorn	Baked Beans Grilled Tomatoes	Seasonal Cabbage Carrot and Swede Mash	Broccoli Sweetcorn	Peas Baked Beans
	Desserts	Strawberry Ice Cream	Raspberry Ripple Cake	Peach Slice	Pineapple Upside Down Cake * with Custard	Shortbread Fingers with Fruit Slices *

Cool Water, Fresh Fruit and Yoghurt served daily
*Fruit Based **Wholegrain ***Oily Fish

