



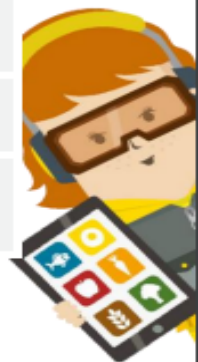
PRIMARY AUTUMN WINTER 2018/2019 MENU

WEEK ONE



Week 1 - 29/10/2018 - 19/11/2018 - 10/12/2018 - 31/12/2018 - 21/01/2019 - 11/02/2019 - 04/03/2019 - 25/03/2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Lancashire Lamb Hot Pot topped with Crispy Baked New Potatoes	Baked Cornish Pasty with Tomato Ketchup	Roast of The Day, served with Roast Potatoes, Sage & Onion Stuffing and Gravy	Mild Chicken Curry served with Steamed Brown Rice and Garlic Naan Strips	Freshly Baked Fish Fingers with Chips
Vegetarian Main Course	Organic Macaroni Cheese Bake	Roasted Vegetable Sausages, Red Onion Gravy & Creamy Mash	Quorn Roast served with Roast Potatoes, Sage & Onion Stuffing and Gravy	Roasted Vegetable Dhal with Garlic Naan Bread	Baked Vegetable Spring Roll with Curry Sauce and Chips
Jacket Potato and Filling	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Garden Peas & Broccoli	Fresh Carrots & Sweetcorn	Sliced Green Beans & Cauliflower	Roasted peppers & Sweetcorn Savoy Cabbage	Garden Peas or Baked Beans
Salads	Mixed Leaves Tomato Cucumber Sweetcorn Carrot Sticks (crudité) Tomato and Basil Pasta Salad	Mixed Leaves Tomato Cucumber (crudité) Sweetcorn Carrot Sticks Turmeric Rice Salad	Mixed Leaves Tomato Cucumber Sweetcorn Carrot Sticks (crudité) Grated Carrot, Sultana Salad	Mixed Leaves Tomato Cucumber (crudité) Sweetcorn Carrot sticks (crudité) Creamy Coleslaw Salad	Mixed Leaves Tomato Cucumber (crudité) Sweetcorn Carrot sticks Roasted Vegetable Pasta Salad
Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread
Dessert	Ice Cream	Cherry and Sultana Flapjack	Fruit Jelly and Ice cream	Pear and Cinnamon Cake with Custard	Chocolate Brownie





PRIMARY AUTUMN WINTER 2018/2019 MENU

WEEK TWO



Week 2- 05/11/2018 - 26/11/2018 - 17/12/2018 - 07/01/2019 - 28/01/2019 - 18/02/2019 - 11/03/2019 - 01/04/2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Fresh Salmon and Tuna Organic Pasta Bake with Fresh Herbs and Tomato and Garlic Bread	Braised Red Tractor Beef, Vegetable and Potato Pie, topped with delicious Shortcrust Pastry	Roast of The Day, Served with Roast Potatoes, Yorkshire Pudding and Gravy	Traditional Shepherd's Pie, served with a Rich Gravy and Fluffy Mash	Freshly Baked Fish Fingers with Chips
Vegetarian Main Course	Baked Vegetable Pizza Slice served with a Fresh Garden Salad	Roasted Winter Root Vegetable Casserole topped with Fresh Parsley & Cheddar Wholemeal Croutons	Quorn Roast Served with Roast Potatoes, Yorkshire Pudding and Gravy	Vegetable Sausage, Tomato & Organic Pasta Bake topped with Mozzarella and Spinach	Cheese and Red Onion Pasty with Chips
Jacket Potato and Filling	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Garden Peas & Fresh Carrots	Sweetcorn & Broccoli	Sliced Green Beans & Fresh Carrots	Braised Red Cabbage & Sweetcorn	Garden Peas or Baked Beans
Salads	Mixed Leaves Tomato Cucumber Sweetcorn Carrot Sticks (crudité) Tomato and Basil Pasta Salad	Mixed Leaves Tomato Cucumber (crudité) Sweetcorn Carrot Sticks Turmeric Rice Salad	Mixed Leaves Tomato Cucumber Sweetcorn Carrot Sticks (crudité) Grated Carrot, Sultana Salad	Mixed Leaves Tomato Cucumber (crudité) Sweetcorn Carrot sticks (crudité) Creamy Coleslaw Salad	Mixed Leaves Tomato Cucumber (crudité) Sweetcorn Carrot sticks Roasted Vegetable Pasta Salad
Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread
Dessert	Ice Cream	Fruity Flapjack Slice	Fruit Jelly	Banana Gingerbread Pudding and Custard	Blueberry Cake





PRIMARY AUTUMN WINTER 2018/2019 MENU

WEEK THREE



Week 3- 12/11/2018 - 03/12/2018 - 24/12/2018 - 14/01/2019 - 04/02/2019 - 25/02/2019 - 18/03/2019 - 08/04/2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	British Farm Assured Chicken Sausages & Mash with a Red Onion Gravy	Low and Slow Braised Beef Bolognese with Organic Penne Pasta	Roast of The Day, Served with Roast Potatoes, Sage & Onion Stuffing and Gravy	Red Tractor Chicken served with Wholegrain Rice and a Rustic Tomato Sauce	Freshly Baked Fish Fingers with Chips
Vegetarian Main Course	Bubble and Squeak Frittata Slice served with a Fresh Garden Salad	Braised Mexican Bean Stew with a Mild Spiced Tomato Sauce and Folded Flatbread	Quorn Roast Served with Roast Potatoes, Sage & Onion Stuffing and Gravy	Chickpea and Aubergine Dhansak with Wholemeal Rice	Veggie Cheeseburger in a Bun with Chips
Jacket Potato and Filling	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Peas & Broccoli	Sliced Beans & Sweetcorn	Carrots & Savoy Cabbage	Roasted Mediterranean Vegetables & Broccoli	Garden Peas Or Baked Beans
Salads	Mixed Leaves Tomato Cucumber Sweetcorn Carrot Sticks (crudité) Tomato and Basil Pasta Salad	Mixed Leaves Tomato Cucumber (crudité) Sweetcorn Carrot Sticks Turmeric Rice Salad	Mixed Leaves Tomato Cucumber Sweetcorn Carrot Sticks (crudité) Grated Carrot, Sultana Salad	Mixed Leaves Tomato Cucumber (crudité) Sweetcorn Carrot sticks (crudité) Creamy Coleslaw Salad	Mixed Leaves Tomato Cucumber (crudité) Sweetcorn Carrot sticks Roasted Vegetable Pasta Salad
Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread
Dessert	Ice Cream	Superfood Flapjack	Fruit Jelly	Banana Muffin	Chocolate Crunch Slice

