

Autumn / Winter 2019/2020 Menu



with **The Greens**

Monday (Meat Free)	Tuesday	Wednesday	Thursday (Allergy Aware)	Friday
WEEK 1 - 28TH OCT, 18TH NOV, 9TH DEC, 13TH JAN, 3RD FEB, 2ND MAR, 23RD MAR				
Macaroni Cheese	Beef Pasticcio (Pasta Bake with Beef Mince and Bechamel Sauce)	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Chicken Biryani (Indian Spiced Chicken and Rice)	Fish Fingers with Tomato Ketchup and Chips
VE Sweet Potato and Lentil Curry with Rice	VE Jollof Rice (African Spiced Rice with Vegetables)	VE Vegetarian Sausages with Roast Potatoes and Gravy	VE Vegetable Hotpot	Cheese and Tomato Quiche with Chips
Jacket Potato with a Choice of Fillings	Jacket Potato with a Choice of Fillings	Hot Roast Chicken and Stuffing Bap with Roast Potatoes	Jacket Potato with a Choice of Fillings	Fish Finger Bap with Chips
VE Apple Pancake	Banana Cake with Custard	VE Chocolate Shortbread with Fruit Slices	Fruity Jelly and Ice Cream	EasiYo Strawberry or Lemon Mousse
Monday (Meat Free)	Tuesday	Wednesday	Thursday (Allergy Aware)	Friday
WEEK 2 - 4TH NOV, 25TH NOV, 16TH DEC, 20TH JAN, 17TH FEB, 9TH MAR, 30TH MAR				
Cheese and Tomato Pizza with Potato Wedges	Pork Sausages with Mash and Gravy	Roast Gammon with Roast Potatoes and Gravy	Chicken Curry with Rice	Breaded Fish Fillet with Tomato Ketchup and Chips
BBQ Bean Wrap With Potato Wedges	Roasted Vegetable Pasta Bake	Vegetable and Chickpea Wellington with Roast Potatoes and Gravy	VE Vegetarian Cottage Pie	VE Chickpea Burger in a Bun with Tomato Ketchup and Chips
Jacket Potato with a Choice of Fillings	Jacket Potato with a Choice of Fillings	Hot Roast Gammon Bap with Roast Potatoes or Jacket Potato with a Choice of Fillings	Jacket Potato with a Choice of Fillings	Breaded Fish in a Bap with Chips
Wholemeal Chocolate Cake with Chocolate Sauce	Apple and Berry Pie with Custard	VE Parsnip and Coconut Flapjack with Fruit Slices	VE Fruity Jelly with Peaches	Mandarin Cheesecake
Monday (Meat Free)	Tuesday	Wednesday	Thursday (Allergy Aware)	Friday
WEEK 3 - 11TH NOV, 2ND DEC, 6TH JAN, 27TH JAN, 24TH FEB, 16TH MAR				
Jacket Potato Bar with a Choice of Fillings:	Southern Style Crunchy Chicken with Rice	Roast Turkey with Stuffing, Roast Potatoes and Gravy	Beef Burger in a Bun with Potato Wedges	Fish Fingers or Salmon Fish Fingers with Tomato Ketchup and Chips
VE Baked Beans	Cheesy Topped Tomato and Basil Pasta Bake	Cheese and Onion Pasty with Roast Potatoes and Gravy	VE Vegetable Curry with Rice	Mexican Cheese and Bean Quesadilla with Chips
VE Cheese or Vegetable Chilli	Jacket Potato with a Choice of Fillings	Hot Roast Turkey and Stuffing Bap with Roast Potatoes	Jacket Potato with a Choice of Fillings	Fish Finger Bap with Chips
Carrot Cake with Fruit Slices and Vanilla Sauce	VE Coconut Oat Cookie	VE Chocolate Cornflake Cake	VE Orange Jelly with Mandarin Slices	VE Fruity Flapjack with Fruit Slices

Served Daily Freshly Made Bread Seasonal Vegetables/Salads Fresh Fruit Easi Yo Yoghurt

Look out for the **VE** symbol on our menu for some tasty vegan options

Dishes with wholegrain ingredients to increase fibre and promote healthy digestion

Dishes which contain an extra half portion of vegetables (in addition to the vegetables and salads served as an accompaniment with every meal)

Desserts which contain at least half a portion of fruit, to help pupils on their way to achieving their 5 A DAY!

