

Autumn Term 2018 Sample Menu

<u>Week 1 Lunch</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Bread	Bread of the day	Bread of the day	Bread of the day	Bread of the day	Bread of the day
Snack AM	Cheese and crackers	Warm Petit pain	Selection of Crudities, Pita bread and hummus	Fruit Teacakes	Pretzel bread
Main Meal	Pasta Bar Rich Tomato and Basil Sauce	Lamb and Winter Vegetable Pie	Beef Chilli	Roasted Lemon & Thyme Chicken Thighs	Build a Burger Toppings: Cheese, Lettuce ,Tomato, Onions
Vegetarian	Cheese and Chive sauce	Stuffed Peppers with Moroccan Cous Cous & feta cheese	Vegetable bean Chilli	Red Lentil and Vegetable Lasagne	Chick pea Falafel Burgers
Vegetables and Sides	Steamed Broccoli Garlic bread	New potatoes Sliced Green Beans and peas	Rice Tortilla chips Salsa and Sour Cream Sweetcorn	Roast Potato Steamed Broccoli Pan gravy	Chips Baked Beans
Jacket Potato Bar	Baked beans Cheese Coleslaw	Baked beans Cheese Tuna Mayo	Baked beans Cheese Coleslaw	Baked beans Cheese Tuna and Red onion	Baked beans Cheese Coleslaw
Desserts	Winter berry mousse Fruit of the day	Cinnamon and vanilla sponge Fruit of the Day	Jelly pots Fruit of the day Yoghurt Pots	Carrot Cake Fruit of The Day	Cookies Fruit of the day
Snack PM	Fruit bowl	Fruit bowl	Fruit bowl	Fruit bowl	Fruit bowl



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<u>Week 2 Lunch</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Bread	Bread of the day	Bread of the day	Bread of the day	Bread of the day	Bread of the day
Snacks AM	Cheese and crackers	Pretzel bread	Vegetable crudities, pitta shards & hummus	Petit pain bread	Roasted Tomato and Rosemary Focaccia
Main Meal	Fusilli Pasta Bar	Spanish Chicken with a Rich Tomato and Pepper Sauce	Slow Braised Beef and Vegetable Winter Stew	Roast Turkey with Cranberry sauce	Steamed White Fish
Vegetarian	Sundried tomato and Feta sauce Cheese and Leek Sauce	Spanish Spiced Quorn and Mediterranean Vegetables	Sundried tomato Red onion and feta Frittata	Mediterranean Vegetables and Goats Cheese Turnover	Feta Pea and thyme risotto
Vegetables & Sides	Garlic Bread Broccoli	Rice Sweet corn	Mash Potato	Rosemary Roasted Potatoes Greens beans Baton Carrots, Gravy	Parsley Cheese sauce Chips Baked beans
Jacket potato	Baked beans Cheese Tuna Mayo	Baked beans Cheese Coleslaw	Baked beans Grated Cheese Tuna Mayo	Baked beans Cheese Coleslaw	Baked beans Cheese
Desserts	Blueberry Fool Fruit of the day	Flapjack Fruit of the day	Citrus Glazed Sponge Fruit of the day	Lemon posset Fruit of the day	Jelly pots Fruit of the day
Snacks PM	Fruit bowl	Fruit bowl	Fruit bowl	Fruit bowl	Fruit bowl



Autumn Term 2018 Sample Menu

<u>Week 3 Lunch</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Bread	Bread of the day	Bread of the day	Bread of the day	Bread of the day	Bread of the day
Snack am	Cheese and crackers	Fruit Tea cakes	Vegetable Crudities Pitta bread and Hummus	Petit pain rolls	Pretzel roll
Main Meal	Pasta Bar Pasta Shells Tomato and basil Sauce	Lamb and Vegetable Hotpot	BBQ Chicken Thighs	Beef Lasagne	Mild Chicken Curry
Vegetarian	Mushroom and Spinach	Stuffed Herb and Cheese Potato Skins	Stuffed Portabella Mushroom	Vegetable lasagne	Vegetable and chick pea curry
Vegetables & Sides	Peas and Sweetcorn Garlic bread	New Potatoes Broccoli Gravy	Sweetcorn Potato Wedges	Mixed Salad Garlic Bread Green Beans	Naan bread Shards, Rice, Mango chutney Tomato onion salsa, Baton Carrots
Jacket potato	Baked beans Cheese Coleslaw	Baked beans Cheese Tuna mayo	Baked beans Cheese Coleslaw	Baked beans Cheese Tuna Mayo	Baked beans Cheese Coleslaw
Desserts	Chocolate sponge Fruit of the day	Strawberry Mousse Fruit of the day	Jelly pots Fruit of the day	Homemade Shortbread biscuit Fruit of the day	Cookies Fruit of the day
Snacks PM	Fruit bowl	Fruit bowl	Fruit bowl	Fruit bowl	Fruit bowl

