

WINTER 2016/17

DAILY CHOICES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	MEAT FREE DAY FRIDAY
SANDWICHES		Tuna Mayonnaise Sandwiches with Sweetcorn & Breadsticks			Egg Mayonnaise Sandwiches (v) with Beetroot & Homemade Pancake
MAIN MEALS	Butchers Pork Sausages Or Vegetarian Sausages (v) Or Herbie Spaghetti (v)	Chicken Pie Or Falafel with Homemade Tomato Sauce (v) NEW!	Chilli with Cheese and Homemade Nachos & Rice NEW! Or Vegetable Chilli with Cheese and Homemade Nachos & Rice (v) NEW! Or Cod & Salmon Fishcake	Roast Chicken & Mealie Or Quorn Fillet in Gravy with Mealie (v) Or Lasagne	Macaroni Cheese (v) Or Baked Potato with Baked Beans (v)
CARBOHYDRATE	Mashed Potatoes	Potato Croquettes Or Rice	Spaghetti Hoops	Roast Potatoes	Garlic Bread
VEGETABLES	Baked Beans Or Broccoli	Sweetcorn Or Carrots	Green Beans Or Coleslaw	Vegetable Medley Or Cucumber Sticks	Beetroot Or Peas
DESSERTS	Seasonal Fruit Crumble & Custard	Lentil Soup (v)	Chocolate Saucy Sponge & Custard	Ice Cream Tub	Iced Shortbread

DAILY CHOICES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SANDWICHES	Cheese Sandwich (v) with Carrot Sticks and Pasta Salad		Tuna Mayonnaise Sandwiches with Coleslaw and Chipolata		
MAIN MEALS	Bolognese Sauce Or Bubble Bubble Fish Bites	Chicken Korma Or Quorn Burrito (v) NEW! Or Vegetable Nuggets (v)	Steak Pie Or Tomato & Basil Penne Pasta (v) NEW!	Organic Pork Meatballs in Gravy Or Sweet Chilli Chicken Baguette NEW! Or Cauliflower Cheese (v)	Cheese & Tomato Pizza (v) Or Beef Teriyaki NEW! Or Quorn Teriyaki (v) NEW!
CARBOHYDRATE	Chips Or Spaghetti	Rice Or Potatoes	Mashed Potatoes	Pasta	Garlic Bread
VEGETABLES	Peas Or Carrot Batons	Baked Beans Or Sweetcorn	Carrots Or Coleslaw	Mixed Vegetables Or Pepper Sticks	Baby Corn Or Tomato & Cucumber
DESSERTS	Sticky Orange Sponge & Custard NEW!	Toffee Tart & Custard	Frazer's Butternut Squash & Sweet Potato Soup (v) NEW RECIPE	Cocoa Crunch Biscuit NEW!	Rice Pudding & Peaches

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DAILY CHOICES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SANDWICHES	Egg Mayonnaise Sandwiches (v) with Diced Cucumber and Pizza Finger			Ham Sandwiches with Sweetcorn and Cheesy Mini Loaf	
MAIN MEALS	Mince & Pastry Square Or Chicken Curry Or Vegetable Curry (v)	Oriental Pork Noodles Or Cheese Panini (v) Or Chicken Casserole & Yorkshire Pudding	Gluten Free Salmon Fish Finger Or Beef Stovies & Oatcake Or Vegetarian Stovies (v) & Oatcake	Southern Style Chicken Goujons NEW! Or Vegetable Risotto (v)	Beef Burger in a Bun Or Vegetarian Burger (v) Or Carbonara
CARBOHYDRATE	Mashed Potatoes Or Rice	Roast Potatoes	Spaghetti Hoops	Potato Wedges	Garlic Bread
VEGETABLES	Broccoli, Carrot & Cauliflower Or Diced Cucumber	Grated Carrots Or Green Beans	Beetroot Or Peas	Sweetcorn Or Baked Beans	Coleslaw Or Broccoli
DESSERTS	Angel Whirl	Seasonal Muffin	Carrot Cake with Vanilla Sauce	Tomato & Red Pepper Soup (v) NEW!	Oat Cookie