



food for thought

WEEK 4

AUTUMN TERM 2019

23/9, 22/10, 25/11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	CHICKEN TIKKA CURRY WITH NAAN BREAD	FISHBURGER TARTARE SAUCE	ROAST BEEF WITH YORKSHIRE PUDDING	HUNTER'S CHICKEN FILLET WITH CHEESE	BATTERED WHITE FISH
VEGETARIAN MEAL	VEGETABLE & QUORN PASTA BAKE	VEGETABLE SAUSAGES	PASTA BAR SELECTION	VEGETABLE QUICHE	HOMEMADE SOUP WITH BREAD ROLL
VEGETABLES SALADS AND ACCOMPANIMENTS	STEAMED RICE MIXED SALAD	PEAS BAKED BEANS POTATO WEDGES	CARROTS CABBAGE ROAST POTATOES	½ CORN ON COB HASH BROWNS	BAKED BEANS SWEETCORN PEAS, POTATO WEDGES
EXTRA BREAD	BREAD ROLLS	BREAD ROLLS	BREAD ROLLS	BREAD ROLLS	BREAD ROLLS
DESSERT & CAKES	APPLE & APRICOT CRUMBLE & CUSTARD	CHOCOLATE PUDDING & CHOCOLATE CUSTARD	FRUIT JELLY & ICE CREAM	RASPBERRY FLAPJACK & CUSTARD	SELECTION OF PUDDINGS
MORNING BREAK SAVOURY ITEMS, A SELECTION EACH DAY	BACON ROLLS PIZZA/CHEESE BAPS GARLIC BREAD SAUSAGE ROLLS HASH BROWNS	PANINIS WITH VARIOUS TOPPINGS GARLIC BREAD BACON ROLLS	BACON ROLLS PIZZA/CHEESE BAPS GARLIC BREAD SAUSAGE ROLLS HASH BROWNS	PANINIS WITH VARIOUS TOPPINGS GARLIC BREAD BACON ROLLS	BACON ROLLS PIZZA/CHEESE BAPS GARLIC BREAD SAUSAGE ROLLS HASH BROWNS
SNACK COUNTER	NOODLE BAR BATTERED CHICKEN IN SWEET & SOUR SAUCE	PIZZA SLICE PLAIN PEPPERONI	PASTA (CHOICE OF SAUCES BOLOGNAISE TOMATO OR CHEESE	PIZZA SLICE PLAIN PEPPERONI	HOMEMADE SOUP & ROLL
DRINKS AND OTHER DESSERTS	FRUIT JUICES SMOOTHIES FLAVOURED MILKSHAKES FRESH MILK BOTTLED WATER FREE WATER FRUIT SALAD FRESH FRUIT	FRUIT JUICES SMOOTHIES FLAVOURED MILKSHAKES FRESH MILK BOTTLED WATER FREE WATER FRUIT SALAD FRESH FRUIT	FRUIT JUICES SMOOTHIES FLAVOURED MILKSHAKES FRESH MILK BOTTLED WATER FREE WATER FRUIT SALAD FRESH FRUIT	FRUIT JUICES SMOOTHIES FLAVOURED MILKSHAKES FRESH MILK BOTTLED WATER FREE WATER FRUIT SALAD FRESH FRUIT	FRUIT JUICES SMOOTHIES FLAVOURED MILKSHAKES FRESH MILK BOTTLED WATER FREE WATER FRUIT SALAD FRESH FRUIT
PARKES 2	A LARGE SELECTION OF FILLED ROLLS BAGUETTES AND SANDWICHES & JACKET POTATOES DAILY	A LARGE SELECTION OF FILLED ROLLS BAGUETTES AND SANDWICHES & JACKET POTATOES DAILY	A LARGE SELECTION OF FILLED ROLLS BAGUETTES SANDWICHES & JACKET POTATOES DAILY	A LARGE SELECTION OF FILLED ROLLS BAGUETTES SANDWICHES & JACKET POTATOES DAILY	JACKET POTATO TUNA/TUNA MAYONNAISE, CHHESE/BEANS SANDWICHES BAGUETTES HOT DOG