

# Autumn/Winter 2019/2020 Menu



with **The Greens**

Monday: Meat-free	Tuesday	Wednesday	Thursday: Allergy-aware	Friday
<b>WEEK 1 - 28/10, 18/11, 09/12, 13/01, 03/02, 02/03, 23/03</b>				
Macaroni Cheese	Chicken Sausages with Mash and Gravy	Roast Chicken with Stuffing, Roast Potatoes and Gravy	🌱🌱🌱 Chicken Biryani (Indian Spiced Chicken and Rice)	Fish Fingers with Tomato Ketchup and Chips
🌱🌱 Sweet Potato and Lentil Curry with Rice <b>VE</b>	🌱🌱 Roasted Vegetable Pasta Bake	Vegetarian Sausages with Roast Potatoes and Gravy <b>VE</b>	🌱🌱 Vegetable Hotpot <b>VE</b>	🌱 Cheese and Tomato Quiche with Chips
Sweetcorn and Broccoli	Mashed Swede and Carrot	Carrot Roundels and Green Cabbage	Green Beans and Sweetcorn	Garden Peas and Baked Beans
🍏 Apple Pancake <b>VE</b> with Yoghurt	🍌 Banana Cake with Custard	🍌🍏 Chocolate Shortbread with Fruit Slices <b>VE</b> and Yoghurt or Vanilla Shortbread with Fruit Slices <b>VE</b> and Yoghurt	Fruity Jelly with Pineapple and Yoghurt	EasiYo Strawberry or Lemon Mousse

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<b>WEEK 2 - 04/11, 25/11, 16/12, 20/01, 10/02, 09/03, 30/03</b>				
🌱🌱 Cheese and Tomato Pizza with Potato Wedges	🌱🌱 Beef Pasticio (Pasta Bake with Beef Mince and Bechamel Sauce)	Beef Meat Loaf with Roast Potatoes and Gravy	🌱🌱 Chicken Curry with Rice	Breaded Fish Fillet with Tomato Ketchup and Chips
🌱🌱 BBQ Bean Wrap with Potato Wedges	🌱🌱 Jollof Rice <b>VE</b> (African Spiced Rice with Vegetables)	🌱🌱 Vegetable and Chickpea Wellington with Roast Potatoes and Gravy	🌱🌱 Vegetarian Cottage Pie <b>VE</b>	🌱🌱 Chickpea Burger in a Bun with Tomato Ketchup and Chips <b>VE</b>
Green Beans and Sweetcorn	Broccoli Florets and Roasted Vegetables	Mashed Swede and Green Cabbage	Carrot Roundels and Cauliflower	Garden Peas and Baked Beans
🍌 Wholemeal Pear and Chocolate Cake with Chocolate Sauce or Pear Cake and Vanilla Sauce	🍏 Apple and Berry Pie with Custard	🍌🍏 Parsnip and Coconut Flapjack with Fruit Slices <b>VE</b> and Yoghurt	Fruity Jelly with Peaches <b>VE</b> and Yoghurt	Pineapple Cake with Custard

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<b>WEEK 3 - 11/11, 02/12, 06/01, 27/01, 24/02, 16/03</b>				
Jacket Potato Bar with a Choice of Fillings: Cheese or Tuna. Hot option: 🌱🌱 Vegetable Chilli <b>VE</b>	🌱🌱 Southern Style Crunchy Chicken with Tomato Sauce and Rice	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Pasta Bolognese	Fish Fingers or Salmon Fish Fingers with Tomato Ketchup and Chips
Baked Beans and Sweetcorn	🌱🌱 Cheesy Topped Tomato and Basil Pasta Bake	Cheese and Onion Pastry with Roast Potatoes	🌱🌱 Vegetable Curry with Rice <b>VE</b>	🌱🌱 Mexican Cheese and Bean Quesadilla with Chips
🍌 Carrot Cake and Vanilla Sauce	🍌🍏 Cauliflower and Roasted Vegetables	Chunky Carrots and Parsnips	Sweetcorn and Green Beans	Garden Peas and Baked Beans
	🍌🍏 Coconut Oat Cookie with Apple Slices <b>VE</b> with Yoghurt	Rice Pudding with Raisins	🍏 Orange Jelly with Mandarin <b>VE</b> and Yoghurt	🍌🍏 Fruity Flapjack with Fruit Slices and Yoghurt <b>VE</b>

**Served Daily** Freshly Baked Bread Seasonal Vegetables/Salads Fresh Fruit EasiYo 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!

