

# SUMMER/AUTUMN MENU 2018



## Meat Free Monday

## Traditional Tuesday

## World Food Wednesday

## Thursday Favourites

## Fish Friday

### Week 1

Vegetarian Bolognese  
Cheese Whirl  
Jacket Potato Selection  
Chipped Potatoes  
Wholemeal Spaghetti  
Mixed Vegetables  
Tutti Frutti Yoghurt

Baked Sausages, Yorkshire  
Pudding & Onion Gravy  
Spanish Omelette  
Pasta with Tomato  
& Herb Sauce  
Mashed Potatoes  
Cabbage & Carrots  
Cream Cheese Dipper

Sweet Chilli Chicken  
Quorn Fajita  
Pasta with Tomato  
& Herb Sauce  
Baked Jacket Wedges  
Mini Corn on the Cob  
Parsnip & Apple Sponge with  
Custard

Sandwich Selection  
Jacket Potato Selection  
Pasta with Bolognese Sauce  
Sliced Malted Bloomer  
Beetroot & Carrots  
Fruit Salad with Mango Frozen  
Yoghurt

Fish Fingers  
Pasta with Tomato  
& Mascarpone Sauce  
Jacket Potato Selection  
Mashed Potatoes  
Mushy Peas  
Jelly & Fruit

### Week 2

Vegetable Quiche  
Neapolitan Pasta  
Jacket Potato Selection  
Mashed Potatoes  
Garden Peas & Sweetcorn  
Fruit Salad with  
Strawberry Yoghurt

Roast Dinner & Gravy  
Quorn Sausage & Gravy  
Tomato & Herb Pasta  
Roast & Creamed Potatoes  
Carrot & Swede  
Chocolate & Pear Sponge  
with Custard

Pasta & Sauce  
Homemade Pizza  
Jacket Potato Selection  
Beans  
Coleslaw  
Sweetcorn  
Cheese & Crackers with  
Apple & Cucumber Sticks

Pasta & Sauce  
Jacket Potato Selection  
Sandwich Selection  
Wholemeal Spaghetti  
Mixed Vegetables  
Fruit Dessert Selection

Fish Goujons  
Pasta & Sauce  
Jacket Potato Selection  
Chips  
Mushy Peas  
Carrot & Pineapple Blondie

### Week 3

Pizza  
Pasta & Sauce  
Vegetable Fritter  
Jacket Wedges  
Mini Corn on the cob  
Fruit Salad & Ice Cream

Traditional Lancashire Hotpot  
Michelle's Mac 'n' Cheese  
Jacket Potato Selection  
Sliced Baguette  
Beetroot & Carrots  
Cheese & Crackers with  
Carrot & Cucumber Sticks

Homemade Chicken Curry  
Vegetarian Sausage Roll  
& Tomato Sauce  
Pasta with Tomato  
& Mascarpone  
Chipped Potatoes  
Mixed Vegetables  
Oat Crunchie with Fruit Slices

Lasagne  
Popeye's Super Spaghetti  
Jacket Potato Selection  
Garlic Flavoured Bread  
Sweetcorn  
Fruit Dessert Selection

Salmon & Sweet Potato  
Fishcake  
Cheese Omelette  
Pasta with Neapolitan Sauce  
Sunshine Rice  
Sliced Baguette  
Carrots & Garden Peas  
Peach Melba

The Fresh Fayre Gang - making your school dinners taste great!

Rodney House