

## Autumn/Winter Term – Daily Lunch Menu

Please Note:- In addition to the choice of two meals each day there will be a Jacket Potato with either cheese and/or beans available

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
03/09/18 24/09/18 15/10/18 12/11/18 03/12/18 07/01/19 28/01/19	Ham & Tomato Pasta or Cheesy Pasta Bake  Served with Crusty Bread Sweetcorn and/or Winter Salad  Chocolate Cookie & Milkshake or Fresh Fruit or Low Fat Yogurt	Chicken Fillet or Quorn Fillet  Served with Yorkshire Pudding Mashed Potato Baby Carrots and/or Cauliflower  Fruit Muffin or Fresh Fruit or Low Fat Yogurt	Roast Pork Loin or Quorn Roast  Served with Sage & Onion Stuffing Roast Potatoes Broccoli and/or Carrots  Strawberry Mousse or Fresh Fruit or Low Fat Yogurt	Chicken Curry or Veggie Curry  Served with Naan Bread Steamed Rice and/or Mixed Vegetables  Madeline Sponge & Custard or Fresh Fruit or Low Fat Yogurt	Fillet of Fish or Vegetable Nuggets  Served with Steak Fries Garden Peas and/or Baked Beans  Winter Berry Crumble & Ice Cream or Fresh Fruit or Low Fat Yogurt

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
10/09/18 01/10/18 22/10/18 19/11/18 10/12/18 14/01/19 04/02/19	Pepperoni Pizza or Cheese & Tomato Pizza  Served with Potato Wedges Garden Peas and/or Beans  Marble Sponge & Custard or Fresh Fruit or Low Fat Yogurt	Meatballs or Quorn Meatballs  Served with Rice Sweetcorn and/or Peas  Chocolate Krispie Slice or Fresh Fruit or Low Fat Yogurt	Roast Ham or Quorn Roast  Served with Yorkshire Pudding Mashed Potato Cauliflower and/or Garden Peas  Fruit & Ice Cream or Fresh Fruit or Low Fat Yogurt	Chicken Wrap with Carrots and/or Sweetcorn  or  Jacket Potato with Cheese and/or Coleslaw  Orange Shortcake & Custard or Fresh Fruit or Low Fat Yogurt	Fish Cake or Veggie Burger  Served with Steak Fries Peas and/or Sweetcorn  Apple Flapjack & Ice Cream or Fresh Fruit or Low Fat Yogurt

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
17/09/18 08/10/18 05/11/18 26/11/18 17/12/18 21/01/19 11/02/19	Chicken Fillet or Quorn Fillet both served with or w/o Italian Style Sauce  Served with Rice Cauliflower and/or Broccoli  Syrup Sponge & Custard or Fresh Fruit or Low Fat Yogurt	Sausage or Veggie Sausage  Served with Yorkshire Pudding Mashed Potato Green Beans and/or Sweetcorn  Chocolate Mousse & Mandarins or Fresh Fruit or Low Fat Yogurt	Roast Turkey or Quorn Roast  Served with Sage & Onion Stuffing Roast Potatoes Peas and/or Carrots  Oaty Biscuit & Milkshake or Fresh Fruit or Low Fat Yogurt	Bolognese Pasta Bake or Pasta Napolitan  Served with Crusty Bread and/or Mixed Vegetables  Eves Pudding & Custard or Fresh Fruit or Low Fat Yogurt	Fish Fingers or Cheese & Onion Roll  Served with Steak Fries, Garden Peas and/or Sweetcorn  Chocolate Crunch & Pink Custard or Fresh Fruit or Low Fat Yogurt

Please be aware that these dishes may contain traces of nut or nut derivatives  
Special dietary requirements can be catered for, please contact our school for details  
It may be necessary to change the menu without prior notice