



# WOODSEATS PRIMARY PRIMARY AUTUMN WINTER 2018/2019 MENU

## WEEK ONE



PRIMARY MENU WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Turkey Meatballs with Mashed Potatoes and Tomato sauce	Lasagne with Garlic Dough Balls	Roast Chicken with Roast Potatoes, Stuffing and Gravy	Chicken Curry with Brown Rice and Garlic Naan Bread	Fish with Chips
<b>Vegetarian Main Course</b>	Macaroni Cheese	Vegetable Sausages with Gravy & Mash	Roast Quorn with Roast Potatoes, Stuffing & Gravy	Vegetable Tortilla Lasagne with Garlic Doughballs	Vegetable Spring Roll with a Curry Sauce and Chips
<b>Jacket Potato and Filling</b>	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
<b>Sandwiches</b>	Cheese Breadcake	Tuna Wrap	Hot Roast Baguette	Ham Breadcake	Cheese Breadcake
<b>Vegetables</b>	Garden Peas & Broccoli	Fresh Carrots & Sweetcorn	Sliced Green Beans & Savoy Cabbage	Roasted Peppers, Sweetcorn & Cauliflower	Garden Peas & Baked Beans
<b>Salads</b>	Seasonal Salad Selection Tomato and Basil Pasta Salad	Seasonal Salad Selection Turmeric Rice Salad	Seasonal Salad Selection Grated Carrot & Sultana Salad	Seasonal Salad Selection Creamy Coleslaw Salad	Seasonal Salad Selection Roasted Vegetable Pasta Salad
<b>Bread</b>	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread
<b>Dessert</b>	Banana & Chocolate Traybake with Custard	Cherry and Sultana Flapjack with Custard	Fruit Jelly & Ice cream	Pear and Cinnamon Cake with Custard	Chocolate Brownie
<b>Yoghurts</b>	Mango Yoghurt	Peach and Vanilla Yoghurt	Strawberry Yoghurt	Passion Fruit Yoghurt	Raspberry Yoghurt
<b>Fruit</b>	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection



# WOODSEATS PRIMARY

## PRIMARY AUTUMN WINTER 2018/2019 MENU

### WEEK TWO



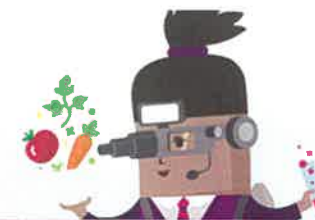
PRIMARY MENU WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Tuna and Salmon Pasta Bake and Garlic Bread	Meat and Potato Pie	Roast Chicken with Roast Potatoes, Yorkshire Pudding and Gravy	Shepherd's Pie with Gravy	Fish and Chips
<b>Vegetarian Main Course</b>	Vegetable Pizza Slice with Half a Jacket Potato and Salad	Roasted Winter Vegetable Casserole Topped with Cheesy Croutons	Roast Quorn served with Roast Potatoes, Yorkshire Pudding & Gravy	Vegetable Curry with Coriander Rice	Bean Burrito with Chips and Tomato Sauce
<b>Jacket Potato and Filling</b>	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
<b>Sandwiches</b>	Cheese Breadcake	Tuna Wrap	Hot Roast Baguette	Ham Breadcake	Fish Finger Wrap
<b>Vegetables</b>	Garden Peas & Baked Beans	Sweetcorn & Broccoli	Sliced Green Beans & Fresh Carrots	Braised Red Cabbage & Sweetcorn	Garden Peas & Baked Beans
<b>Salads</b>	Seasonal Salad Selection Tomato and Basil Pasta Salad	Seasonal Salad Selection Turmeric Rice Salad	Seasonal Salad Selection Grated Carrot & Sultana Salad	Seasonal Salad Selection Creamy Coleslaw Salad	Seasonal Salad Selection Roasted Vegetable Pasta Salad
<b>Bread</b>	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread
<b>Dessert</b>	Apple Crumble with Custard	Flapjack with Fruit	Fruit Jelly with Ice cream	Banana Gingerbread Pudding with Custard	Blueberry Traybake with Custard
<b>Yoghurts</b>	Mango Yoghurt	Cherry and Vanilla Yoghurt	Strawberry Yoghurt	Passion Fruit Yoghurt	Raspberry Yoghurt
<b>Fruit</b>	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection



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### WEEK THREE



PRIMARY MENU WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Sausages & Mash with Gravy	Beef Bolognese with Penne Pasta	Roast Turkey with Roast Potatoes, Stuffing and Gravy	Chicken with Rice and Tomato Sauce	Fish Fingers with Chips
<b>Vegetarian Main Course</b>	Bubble and Squeak Frittata Slice with Mixed Salad	Mexican Bean Stew with a Tomato Sauce and Flatbread	Roast Quorn with Roast Potatoes, Stuffing & Gravy	Chickpea and Aubergine Curry with Brown Rice	Vegetarian Brunch: Vegetarian Sausage, Baked Beans, Mushroom & Hash Browns
<b>Jacket Potato and Filling</b>	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
<b>Sandwiches</b>	Cheese Breadcake	Tuna Wrap	Hot Roast Baguette	Ham Breadcake	Fish Finger Wrap
<b>Vegetables</b>	Peas & Broccoli	Sliced Beans & Sweetcorn	Carrots & Savoy Cabbage	Roasted Mediterranean Vegetables & Broccoli	Garden Peas & Baked Beans
<b>Salads</b>	Seasonal Salad Selection Tomato and Basil Pasta Salad	Seasonal Salad Selection Turmeric Rice Salad	Seasonal Salad Selection Grated Carrot & Sultana Salad	Seasonal Salad Selection Creamy Coleslaw Salad	Seasonal Salad Selection Roasted Vegetable Pasta Salad
<b>Bread</b>	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread
<b>Dessert</b>	Apple Pudding & Custard	Flapjack	Fruit Jelly & Ice Cream	Banana Traybake with Custard	Chocolate Crunch Slices
<b>Yoghurts</b>	Peach and Vanilla Yoghurt	Strawberry Yoghurt	Passion Fruit Yoghurt	Raspberry Yoghurt	Mango Yoghurt
<b>Fruit</b>	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection