

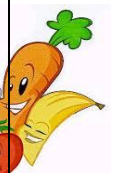




EAST BOROUGH SCHOOL DINNER MENU

TERM 3 & 4



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|--|
| Week Commencing 07.1.19 28.1.19 25.2.19 18.3.19  | Cumberland Sausages Quorn Sausages Onion Gravy (1,2) Mashed Potatoes (4) Boiled Potatoes Carrots Broccoli Salad Wholemeal Bread (2) Rice Krispie Cake Yoghurt (4) Fresh Fruit Pot | Maccaroni Cheese (2,4) Pasta Carbonara (2,4) Midi Potatoes Peas Sweetcorn Coleslaw (7) Salad Wholemeal Bread (2) Cookie (2) Yoghurt (4) Fresh fruit Pot | Roast Pork Apple Sauce Roast Quorn (5) Gravy (1,2) Roast Potatoes Boiled Potatoes Carrots Cabbage Salad Wholemeal Bread (2) Apple Crumble & Custard (2,4,7,13) Fresh Fruit Pot | Beef Casserole and Dumplings (1,2,4,6) Quorn Casserole and Dumplings (1,2,4,6) Midi Potatoes Pasta (2) Broccoli Sweetcorn Salad Wholemeal Bread (2) Chocolate Whip and Peaches (4) Fresh Fruit Pot | Fish Fingers (2,3) Leek and Lentil Pasta Bake (2,4) Potato Wedges Midi Potato Baked Beans Coleslaw (7) Salad Wholemeal Bread (2) Lemon Drizzle Cake (2,7) Yoghurt (4) Fresh Fruit Pot |
| Week Commencing 14.1.19 04.2.19 04.3.19 25.3.19  | Beef Chilli con Carne Quorn Pie (1,2,4) Rice Midi Potatoes Green Beans Coleslaw ((7) Grated Carrot Salad Wholemeal Bread (2) Apple Drizzle cake (2,7) Yoghurts (4) Fresh Fruit Pot | Chicken and Bacon Pasta (2,4) Tomato Pasta Bake (2) Jacket Potatoes Sweetcorn Peas Coleslaw (7) Salad Wholemeal Bread (2) Chocolate Sponge and Chocolate sauce (2,4,7) Fresh Fruit Pot | Roast Turkey, & gravy (1,2) Roast Quorn (5) Roast Potatoes Boiled Potatoes Carrots Broccoli Salad Wholemeal Bread (2) Flapjack & Custard (4) Banana custard Fresh Fruit Pot | Sausage Rolls (2) Cheese and Onion Whirls(2,4) Midi potatoes Green Beans Grated Carrots Coleslaw (7) Salad Wholemeal Bread (2) Raspberry Whip, Raspberry Jelly and Granola (4) Fresh Fruit Pot | Fish Cake (2,3,4) Cheese and Tomato Quiche (2,4,7) Chips Midi Potatoes Peas Baked beans Salad Wholemeal Bread (2) Cookie (2) Yoghurt (4) Fresh Fruit Pot |
| Week Commencing 21.1.19 11.2.19 11.3.19 01.4.19  | Pizza Margarita (2,4) Jacket Potato /Cheese/Tuna (4) Chips Midi Potato Baked Beans Grated Carrots/Coleslaw (7) Salad Wholemeal Bread (2) Butterscotch Whip and Bananas (4) Fresh Fruit Pot | Beef Bolognese (2) Quorn Bolognese (2,5) Spaghetti Fusilli Midi Potato Peas Coleslaw (7) Salad Wholemeal Bread (2) Arctic Roll and Peaches (2,4) Fresh Fruit Pot | Roast Gammon Gravy (1,2) Salmon and Broccoli Quiche Cheese and Tomato Quiche (2,4,7) Roast /Boiled Potatoes Cauliflower Carrots Salad Wholemeal Bread (2) Apple and Rhubarb Crumble and Custard (2,4) Fresh Fruit Pot | BBQ Chicken Wraps (1,2,6) Vegetable Lasagne (2,4) Rice Midi Potato Broccoli Sweetcorn Salad Wholemeal Bread (2) Iced Fruit Sponge (2,7) Yoghurt Fresh Fruit Pot | Battered Cod/Fish Fingers (2,3) Jacket Potatoes/Cheese (4) Mashed potatoes (4) Baked Beans Coleslaw (7) Salad Wholemeal Bread (2) Vanilla Sponge and custard (2,4,7) Banana Custard Fresh Fruit Pot |