

Autumn/Winter 2019/2020 Menu



with **The Greens**

Monday: Meat-free	Tuesday	Wednesday	Thursday: Allergy-aware	Friday
WEEK 1 - 28TH OCT, 18TH NOV, 9TH DEC, 13TH JAN 2020, 3RD FEB, 2ND MAR, 23RD MAR				
Macaroni Cheese	Beef Pasticio (Pasta Bake with Beef Mince and Bechamel Sauce)	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Chicken Biryani (Indian Spiced Chicken and Rice)	Fish Fingers with Tomato Ketchup and Chips or Pasta
Sweet Potato and Lentil Curry with Rice	Jollof Rice (African Spiced Rice with Vegetables)	Vegetable Hotpot	Jacket Potato Bar with a Choice of Fillings: Baked Beans , Cheese or Vegetable Chilli	Cheese and Tomato Quiche with Chips or Pasta
Sweetcorn and Cauliflower	Mashed Carrot and Swede and Peas	Carrots Roundels and Green Cabbage	Green Beans and Roasted Vegetables	Garden Peas and Baked Beans
Banana Cake with Custard	Apple Pancake	EasiYo Strawberry or Lemon Mousse	Fruity Jelly and Ice Cream	Chocolate Shortbread with Fruit Slices

Monday: Meat-free	Tuesday	Wednesday	Thursday: Allergy-aware	Friday
WEEK 2 - 4TH NOV, 25TH NOV, 16TH DEC, 20TH JAN 2020, 10TH FEB, 9TH MAR				
Cheese and Tomato Pizza with Potato Wedges	Pork Sausages with Mash and Gravy	Roast Gammon with Roast Potatoes and Gravy	Chicken Curry with Rice	Breaded Fish Fillet with Tomato Ketchup and Chips or Pasta
BBQ Bean Wrap With Potato Wedges	Roasted Vegetable Pasta Bake	Vegetable and Chickpea Wellington with Roast Potatoes and Gravy	Jacket Potato Bar with a Choice of Fillings: Baked Beans , Cheese or Vegetable Chilli	Chickpea Burger in a Bun with Tomato Ketchup and Chips or Pasta
Green Beans and Sweetcorn	Carrots Roundels and Cauliflower Florets	Mashed Swede and Green Cabbage	Ratatouille and Broccoli Florets	Garden Peas and Baked Beans
Wholemeal Chocolate Cake with Chocolate Sauce	Apple and Berry Pie with Custard	Mandarin Cheesecake	Fruity Jelly with Peaches	Parsnip and Coconut Flapjack with Fruit Slices

Monday: Meat-free	Tuesday	Wednesday	Thursday: Allergy-aware	Friday
WEEK 3 - 11TH NOV, 2ND DEC, 6TH JAN 2020, 27TH JAN, 24TH FEB, 16TH MAR				
Vegetable Curry with Rice	Southern Style Crunchy Chicken with Rice	Roast Pork with Stuffing, Roast Potatoes and Gravy	Beef Burger in a Bun with Potato Wedges	Fish Fingers or Salmon Fish Fingers with Homemade Tomato Ketchup and Chips or Pasta
Vegetarian Sausages with Mashed Potato and Gravy	Cheesy Topped Tomato and Basil Pasta Bake	Cheese and Onion Pasty with Roast Potatoes and Gravy	Jacket Potato Bar with a Choice of Fillings: Baked Beans , Cheese or Vegetable Chilli	Mexican Cheese and Bean Quesadilla with Chips or Pasta
Baked Beans and Sweetcorn	Green Beans and Roasted Vegetables	Chunky Carrots and Parsnips	Sweetcorn and Crunchy Coleslaw	Garden Peas and Baked Beans
Carrot Cake with Fruit Slices and Vanilla Sauce	Coconut Oat Cookie	Chocolate Cornflake Cake	Orange Jelly with Mandarin Slices	Fruity Flapjack with Fruit Slices

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!