

# SCHOOL MEAL MENU OPTIONS

\*\* Great Food for Thought \*\*

Menu Commencing  
January 2019

		HOT MENU WEEK 1	HOT MENU WEEK 2	HOT MENU WEEK 3
MONDAY	MAIN COURSE 1	<b>MINCED BEEF<sup>④</sup> &amp; VEGETABLE COBBLER</b> in Gravy with a Savoury Scone <sup>②</sup> and Baby Potatoes	<b>SWEET 'n' SOUR PORK<sup>①</sup></b> Pork Balls, Pineapple & Crisp Vegetables on a bed of Rice	<b>SPAGHETTI<sup>②</sup> BOLOGNAISE<sup>① ④</sup></b> with Green Salad
	MAIN COURSE 2	<b>MIXED VEGETABLE &amp; LENTIL COBBLER</b> Mixed Veg, Gravy, Savoury Cobbler <sup>②</sup> & Sweet Potato	<b>SAVOURY RICE</b> Mixed Beans & Mixed Vegetables with Savoury Rice	<b>SPINACH FRITTATA</b> Sliced Sweet Potato, Fresh Spinach & Egg <sup>④ ⑦</sup> with Salad
	PUDDING	<b>GINGERBREAD MAN<sup>②</sup></b> Classic Favourite Biscuit	<b>MILK CHOCOLATE MOUSSE<sup>⑦</sup></b> Delightfully Delicious	<b>LOADED STRAWBERRY YOGURT<sup>⑦ ③</sup></b> Made by an Award Winning Family Dairy Farm
TUESDAY	MAIN COURSE 1	<b>BBQ'd PULLED PORK<sup>①</sup></b> with Peas, Sweetcorn and CousCous <sup>②</sup>	<b>BEEF<sup>④</sup> COTTAGE PIE</b> Creamy Mashed Potato <sup>⑦</sup> , Lean Beef with Peas & Carrots	<b>CHICKEN HOT POT<sup>①</sup></b> Winter Warmer in Gravy with Veg & Potato Topping
	MAIN COURSE 2	<b>SEASONAL VEGETABLE CRUMBLE<sup>② ⑦</sup></b> Mixed Vegetables in White Sauce <sup>⑦</sup> with Broccoli	<b>VEGETARIAN LENTIL COTTAGE PIE</b> Sweet Potato & Swede Topping with Peas & Carrots	<b>TOMATO<sup>①</sup> and Mixed Bean PASTA BAKE<sup>②</sup></b> with Broccoli
	PUDDING	<b>VANILLA YOGURT<sup>⑦</sup></b> Made by an Award Winning Family Dairy Farm	<b>WINTER SPONGE<sup>② ④ ⑦</sup></b> with Custard <sup>⑦</sup>	<b>DATE CRISP</b> Rice Crispies <sup>②</sup> & Dates bound together with Cocoa
WEDNESDAY	MAIN COURSE 1	<b>ROAST TURKEY with home made Stuffing<sup>②</sup></b> Seasonal Greens, Roast Potatoes & Gravy	<b>ROAST PORK &amp; Apple<sup>⑥</sup> Sauce</b> with Seasonal Greens, Roast Potatoes & Gravy	<b>ROAST BEEF<sup>④</sup> &amp; Yorkshire Pudding<sup>② ⑦</sup></b> with Seasonal Greens, Roast Potatoes & Gravy
	MAIN COURSE 2	<b>QUORN ROAST with home made Stuffing<sup>②</sup></b> Seasonal Greens & Roast Sweet Potatoes	<b>ROAST VEGETARIAN LOAF<sup>②</sup> &amp; Apple<sup>⑥</sup> Sauce</b> with Seasonal Greens & Roast Sweet Potatoes	<b>MAC<sup>②</sup> 'n'CHEESE<sup>⑦</sup></b> with Broccoli and Sweetcorn
	PUDDING	<b>LOADED BANANA CAKE<sup>② ④</sup></b> Moist cake winner	<b>LOADED PEACH YOGURT<sup>⑦</sup></b> Made by an Award Winning Family Dairy Farm	<b>CHERRY SHORTBREAD BISCUIT<sup>② ④ ⑦</sup></b>
THURSDAY	MAIN COURSE 1	<b>MILD CHICKEN CURRY<sup>⑨ ②</sup></b> Delicately seasoned Mild Curry with Rice	<b>CHICKEN CHASSEUR<sup>①</sup></b> Served with Pasta Twirls <sup>②</sup> and Broccoli	<b>Home made PORK SAUSAGES<sup>⑭</sup></b> with Creamy Mashed Potato <sup>⑦</sup> and Baked Beans <sup>①</sup>
	MAIN COURSE 2	<b>VEGETABLE COCONUT CURRY<sup>⑨</sup></b> Mild Chick Pea Curry with Coconut on a bed of Rice	<b>HALLOUMI<sup>⑦</sup></b> with Roasted Vegetables and CousCous <sup>②</sup>	<b>QUORN SAUSAGES<sup>② ④</sup></b> with Sweet Potato & Swede Mash and Peas
	PUDDING	<b>FRESH FRUIT JELLY<sup>③ ⑦</sup></b> Real Fresh Fruit Pieces in Fruit Jelly	<b>APPLE<sup>⑥</sup> &amp; FRESH RASPBERRY<sup>③</sup> PIE<sup>②</sup></b> with Pouring Custard <sup>⑦</sup>	<b>LOADED BANANA OAT SLICE<sup>②</sup></b> with Pouring Custard <sup>⑦</sup>
FRIDAY	MAIN COURSE 1	<b>FISH FINGERS<sup>⑤ ②</sup> with</b> Chips and Sweet Corn	<b>COD GOUJONS<sup>⑤ ②</sup></b> with Creamy Mashed Potato <sup>⑦</sup> & Baked Beans <sup>①</sup>	<b>BATTERED COD<sup>⑤ ② ⑦</sup></b> with Baby Potatoes & Peas
	MAIN COURSE 2	<b>Home made FALAFEL BURGERS<sup>②</sup></b> Mixed Green Salad served with Wholemeal Pitta Bread	<b>SALMON<sup>⑤</sup> &amp; BROCCOLI PASTA<sup>②</sup></b> Broccoli, Flakes of Salmon in sauce <sup>⑦</sup> on Pasta with Salad	<b>BEAN BURGER<sup>②</sup></b> with Sweet Potato Wedges and Peas
	PUDDING	<b>CHOCOLATE BEETROOT CAKE<sup>② ④</sup></b> Naturally Sweet and full of flavour	<b>LOADED FRUIT FLAPJACK FINGERS</b> Home made using Wholegrain Oats <sup>②</sup> , Butter <sup>⑦</sup>	<b>CHOCOLATE &amp; COURGETTE CAKE<sup>②</sup></b>

Milk & Freshly Baked Wholegrain Bread is included with this Menu. Fresh Fruit & Oily Fish options (Food Plan recommendation) are always available daily. When using Rice, Pasta and Flour in our recipes, we use a combination of both White and Brown. Allergen & Intolerance codes accompany each Item with an explanation in the Key below.

- devised and independently verified in accordance to the School Food Plan 2015 -

**ALLERGENS** (Using FSA Codes): ① Celery ② Cereals (Gluten) ④ Eggs ⑤ Fish ⑦ Milk ⑨ Mustard ⑩ Nuts ⑪ Peanuts ⑫ Sesame Seeds ⑬ Soya ⑭ Sulphites

**INTOLERANCES:** ① Tomato Products ② Capsicum Products ③ Soft Fruit Products ④ Beef ⑤ Aubergine ⑥ Apple ⑦ Oranges ⑧ Onion

Please be aware we use all types of foods in our Kitchens. Substitute foods are available subject to an additional charge