

October Winter - 2017



RED FONT - DO NOT SERVE THIS FOOD ITEM.
YELLOW CELL - STATES A REPLACEMENT DISH OR FOOD ITEM:

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pork Sausage with Mash Potato & Gravy	Beef & Onion Pie with Boiled Potatoes	Roast Pork with Roast Potatoes & Gravy	BBQ Chicken FA Pizza	MSC Fish Fingers with Chips
Option 2	Vegetable & Lentil Bolognese with Penne Pasta	Macaroni Cheese	Vegetable & Lentil Loaf with Roast Potato & Gravy	Margherita Pizza	Homemade Spicy Bean Burger with Chips
Alternative Option	Mozzarella & Tomato Puff Squares with Boiled Potatoes	Jacket Potato with cheese	Jacket Potato and baked beans	Jacket Potato with Tuna Mayo	Jacket Potato with cheese
Vegetables	Fresh Carrots Green beans	Broccoli Roasted Vegetables	Roast Parsnip Red Cabbage	Sweetcorn Mixed green Salad	Peas Beans
Dessert of the day	(50%) Fruit Eve's Pudding with Custard	Crispy Cake	Frozen Toffee Yoghurt	Chocolate Cracknell	(50%) Peach Sponge

Dates week commencing **30th Oct, 20th Nov, 11th Dec, 08th Jan, 29th Jan, 26th Feb, 19th March**

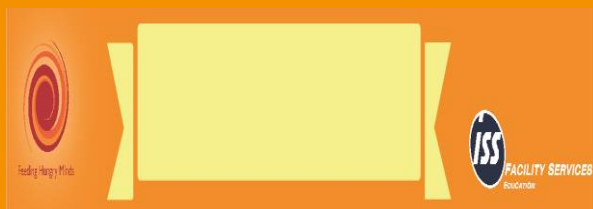
Option 1	Chicken & Sweetcorn Pie with Boiled Potatoes	Beef Spaghetti Bolognese	Roast Gammon with Roast Potatoes & Gravy	BBQ Chicken FA Pizza	MSC Fish Fingers with Chips
Option 2	Macaroni Cheese	Winter Vegetable & Butterbean Puff with Crushed New Potatoes	(Fry's) Quorn Bolognese Pasta	Margherita Pizza	Quorn Frankfurter with Chips
Alternative Option	Jacket Potato and baked beans	Jacket Potato with cheese	Jacket Potato with Cheese & baked beans	Wholemeal Neopolitan Bean & Lentil Pasta	Plain Baked Salmon with Boiled Potatoes
Vegetables	Sweetcorn Green Beans	Minted Peas Carrots	Braised Cabbage Vegetable medley	Sweetcorn Mixed Green Salad	Peas Beans
Dessert of the day	(50% Fruit) Peach Crumble with Custard	Oat & Raisin Biscuit	Jelly & Ice Cream	Syrup Sponge with Custard	(50%) Pear & Chocolate Pudding with Chocolate Sauce

Dates week commencing **06th Nov, 27th Nov, 18th Dec, 15th Jan, 05th Feb, 05th March, 26th March**

Option 1	Pork Sausage with Mash Potato & Gravy	Cottage Pie	Roast Chicken with Roast Potatoes & Gravy	Chicken & Sweetcorn Pizza	MSC Fish Fingers with Chips
Option 2	Mexican Rice Wrap	Shepherdess Pie	3 Bean Casserole with Roast Potatoes	Margherita Pizza	Cauliflower & Broccoli Cheese Bake with Chips
Alternative Option	Jacket Potato and baked beans	Jacket Potato with cheese	Jacket Potato with cheese	Jacket Potato with Tuna Mayo	Spicy Chilli Chicken Wings with Chips
Vegetables	Carrots Green Beans	Cauliflower Broccoli	White Cabbage Swede	Mixed Green Salad Sweetcorn	Peas Beans
Dessert of the day	(50%) Apple & Berry Sponge with Custard	(50%) Fruit Apple & Cinnamon Pie with Vanilla Sauce	Frozen Strawberry Yoghurt	Chocolate Muffin	Fruity Flapjack

Dates week commencing **13th Nov, 04th Dec, 01st Jan, 22nd Jan, 19th Feb, 12th March,**

NUT ALLERGY PUPIL:
 Please check nut claims on packaging before serving food items to this pupil. **DO NOT** serve any food items to this pupil which claim they 'MAY CONTAIN NUTS'
 Please pay particular attention to savoury crackers, yoghurts and bread products.



The following are available daily:
 Freshly prepared salad bar containing 4-6 choices (minimum of 3 with no dressing)
 Organic fresh white & wholemeal crusty bread
 Selection of seasonal fresh fruit and low fat yoghurts
 Chilled water
 The carbohydrate is incorporated in the whole dish unless otherwise stated