



Autumn/Winter 2019 Menu Week One

[School Name Here]

[Dates Here Dates Here Dates Here]

Primary Menu Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course 1	Traditional Sausage & Mash	Winter Chicken Casserole With Boiled Potatoes	Roast of the Day & all the trimmings	British Savoury Beef & onion pie with Mash	Battered Fish Fillet and chips with tomato ketchup
Halal Option	Halal sausage & mash	Halal Winter Chicken Casserole	Halal roast dinner	Halal Lamb & onion Pie	
Main Course 2	Pasta Bolognese with veggie mince	Margherita Pizza with ½ Jacket Potato	Chickpea & lentil roast or Quorn roast & all the trimmings	(Organic) Mac n Cheese (v)	Vegetable curry & wholegrain rice (v)
Vegetarian Main Course (to match meat main Course)	Vegetable sausage & mash	Winter Vegetable Casserole	N/A	Vegetable mince & onion pie	
Vegetables	Cauliflower Mixed vegetables	Broccoli Winter Coleslaw	Savoy cabbage Sweetcorn	Green beans Carrots	Garden peas Baked beans
Selector 1	Lamb Pitta with Raita	Pulled Chicken Wrap with Sunny Rice	Roast Dinner day	London proper Pie & mash	Sweet Chilli Chicken Panini
Selector 2 (v)	Roasted vegetable shawarma, pitta bread, marinated cabbage	Lahmacun – Vegetarian mince topped flatbread	Roasted vegetable tartelette With Tomato & Basil Sauce	Mojo marinated Vegetable Sausage, Rice & Beans, Orange salad	Vegetable Grill with Tomato Sauce
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans, Jacket of the Day				
Sandwiches	Fresh Sandwiches made daily on wholemeal bread or Baguettes with a choice of fillings: Tuna, Cheese, Ham or Egg				
Snack/Handheld Option	Cheesy Bean Toastie	Pasta Arrabiata Pot	Hot Roast Bap	Loaded Pizza Muffins	Sweet Chilli Chicken Panini
Dessert	Ginger Sponge Vanilla Sauce/Custard	Fruity Flapjack & Apple Slices 50%	Chocolate Sponge & Chocolate Sauce	Jam Sponge & Custard	Oaty Biscuit/Shortbread & Fruit Wedges 50%

Available Daily Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts





Autumn/Winter 2019 Menu Week Two

[School Name Here]

[[Dates Here Dates Here Dates Here]]

Primary Menu Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course 1	Beef & Tomato Meatballs in Tomato Sauce with (organic pasta)	British mild Chicken curry with brown rice	Roast of the day with all the trimmings	(Organic) Beef Pasta Bolognese & Garlic bread	MSC Salmon Fish fingers or MSC Pollack Fish Fingers and chips & tomato ketchup
Halal Option	Halal Chicken Meatballs with Organic pasta	British Halal mild Chicken curry	Halal Roast Dinner	Halal Lamb Bolognese with organic pasta & Garlic bread	Or Salmon & Cheese Baguette
Main Course 2	Wholemeal Pizza Slice Half Jacket Potato(v)	Tomato and Basil pasta NDP	Quorn roast & all the trimmings Or Chick pea & lentil roast (v)	British Cheddar Quiche/Flan Or Vegetable grill with homemade potato wedges (v)	Quorn fajita & chips or Vegetable sausage fajita
Vegetarian Main Course to match main	Quorn Meatballs in Tomato Sauce	Butternut & cauliflower curry, wholegrain rice & naan bread		Veggie Bolognese & garlic bread	
Vegetables	Garden peas Fresh salad	Carrots Green beans	Cauliflower Mixed vegetables	Broccoli Sweetcorn	Garden peas Baked beans
Selector 1	Cornish pasty with a warm potato salad	The Great British Breakfast – bacon, scrambled egg, beans & mushrooms	Midlands Famous – Chicken Balti with brown rice, naan & dips	West Country pork & apple stew with Norfolk dumplings & crushed new potatoes	
Selector 2 (v)	Jerk cauliflower steaks, rice n peas, & jerk gravy	Mixed lentil, chickpea & spinach dhal, coriander rice & naan bread	Vegetable Sausage & Bean Stew	Crispy falafel bites, tomato salsa & herby diced potatoes	Bhaji burger Served with Chips
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans, Jacket of the Day				
Sandwiches	Fresh Sandwiches made daily on wholemeal bread or Baguettes with a choice of fillings: Tuna, Cheese, Ham or Egg				
Snack/Handheld Option	Creamy bacon carbonara pasta pot	Cheese & spring onion loaded sweet potato skins	Hot roast turkey & stuffing wrap	Baked bean & cheddar panini (1/2)	Fish finger sandwich
Dessert	Hot Chocolate Fudge Cake with Custard	Cornflake Tart & Custard	Shortbread & Fruit 50%	Feathered Jam Sponge & Custard	Ginger & Mandarin Muffin 50%

Available Daily Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts





Autumn/Winter 2019 Menu Week Three

[School Name Here]

[Dates Here Dates Here Dates Here]

Primary Menu Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course 1	Beef burger in a Bun Homemade Wedges	Shepherds/Cottage pie	Roast of the day & all the trimmings/Plain	Homemade Chicken Pie & mash	MSC Fish fingers and Chips with Tomato Ketchup
Halal Option	Halal lamb burger	Halal Shepherd's pie	Halal roast	Halal chicken pie & mash	
Main Course 2	Veggie mince chilli with wholegrain rice	Cheesy Margherita pizza (v)	Quorn Roast & all the trimmings or Chick Pea & lentil roast (v)	Tomato, vegetable sausage & (Organic) macaroni Bake	Vegetable enchilada served with Chips (v)
Vegetarian (to match meat main course)	Veggie burger in a bun	Vegemince Cottage pie		Creamy vegetable lentil pie & mash	Vegetable nuggets, ketchup & chips
Vegetables	Sweetcorn Carrots	Broccoli Fresh Salad	Cauliflower Garden Peas	Mixed Vegetables Savoy Cabbage	Garden Peas Baked Beans
Selector 1	Bangers & mash	Barbecue chicken sub	Big breakfast Wrapover	Cheese & red onion pasty	Ploughman's lunch
Selector 2 (v)	Pav Bhaji – Thick Indian vegetable curry with a soft bread roll	Caribbean veggie pepper pot stew & Spillers Dumplings, Rice and peas	Vegetable mince keema curry, coriander rice & naan	Veggie packed Jolof rice with beans	Cheesy naan bread pizza topped with Masala spiced chickpeas & peppers
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans, Jacket of the Day				
Sandwiches	Fresh Sandwiches made daily on wholemeal bread or Baguettes with a choice of fillings: Tuna, Cheese, Ham or Egg				
Snack/Handheld Option	Sweet chilli chicken panini (1/2)	Mexican bean quesadilla	Hot roast baguette	BBQ chicken, rice & spring onion snack pot	Piri Piri pepper & mushroom flatbread
Dessert	Apple Crumble served with custard 50%	Lemon Slice with Milk	Chocolate Crunch served with Custard	Marble Sponge served with Custard	Crunchy Biscuit served with Apple Slices 50%

Available Daily

Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts

