

# Primary Autumn Winter 2019 Menu

## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<b>Cottage Pie</b> A traditional dish of minced beef with vegetables topped with mashed potato	<b>Chinese Chicken Noodles</b> A classic Chinese chicken noodle dish packed with flavour	<b>Chicken Korma with a Rice side</b> **	<b>Herby Baked Fish</b> Baked fish with a herb and lemon crust With New Potatoes	<b>Roast Gammon with Roast Potatoes and Gravy</b> Traditional Roast dinner with Roast Gammon
Alternative Dish	<b>Sweetcorn Omelette With Baked Potato Wedges</b>	<b>BBQ Vegetable Wrap</b> Peppers and kidney beans in a tasty tomato and BBQ sauce folded in a wrap	<b>Tomato and Basil Pasta</b> **	<b>Mild Sweet Potato Curry with Rice</b> ** A mild Indian sweet potato and chickpea Tikka Masala	<b>Cheesy Bubble &amp; Squeak Cake with Roast Potatoes and Gravy</b>
Vegetables	<b>Green Beans Peas</b>	<b>Peas Sweetcorn</b>	<b>Green Beans Crunchy Salad</b>	<b>Peas Broccoli and Cauliflower Medley</b>	<b>Carrots Cabbage</b>
Desserts	<b>Fresh Fruit*</b> <b>Yoghurt</b> <b>Cheese &amp; Crackers</b>				
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish					



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## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Shepherdess Pie</b> A vegetarian version of the classic Shepherd's Pie	<b>Chinese Chicken with a Rice side**</b> Zingy Chinese Lemon & Ginger Chicken	<b>Fisherman's Pie***</b> Fish in a creamy sauce topped with mashed potato	<b>BBQ Beef Meatballs</b> Delicious Texan inspired BBQ beef meatballs in a tomato sauce with pasta spirals**	<b>Roast Pork with Roast Potatoes and Gravy</b> Traditional Roast dinner with Roast Pork
<b>Alternative Dish</b>	<b>Vegetable Bake with Pasta**</b> Beans in a tomato and Mediterranean veg sauce topped with crunchy breadcrumbs	<b>Vegetarian Bolognese **</b> A classic Vegetarian Italian Bolognese	<b>Butternut Squash and Tomato Bake with a Rice side **</b> Veggie, tomato bake topped off with golden bread crumbs for an added crunch	<b>Chinese Veggie Noodles</b> Mixed vegetables and noodles coated in a Chinese 5 spice seasoning	<b>Sweet Potato and Chickpea Roast with Roast Potatoes with Gravy</b> A twist on the classic vegetarian Roast with a Sweet Potato and Chickpea roast slice
<b>Vegetables</b>	<b>Sweetcorn Crunchy Salad</b>	<b>Broccoli Roasted Peppers and Sweetcorn</b>	<b>Peas Green Beans</b>	<b>Sweetcorn Peas</b>	<b>Carrots Cabbage</b>
<b>Desserts</b>	<b>Fresh Fruit* Yoghurt Cheese &amp; Crackers</b>				
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish					





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## Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<b>Veggie Burrito</b> A delicious folded wrap filled with mild five bean chilli, Vegetables and rice	<b>Pork Sausages with Mashed Potato and Gravy</b> Simple but classic...sausage and mash	<b>Chicken Tikka Masala with a Rice side **</b> A classic mild and creamy curry	<b>Beef Bolognese **</b> A classic Italian beef Bolognese	<b>Roast Turkey with Roast Potatoes and Gravy</b> Traditional Roast dinner with Roast Turkey
Alternative Dish	<b>Veggie Korma with a Rice side **</b>	<b>Vegetarian Sausages with Mash and Gravy</b>	<b>Vegetable Wrap with a Rice side **</b> Indian flavoured chickpea and peppers folded in a wrap	<b>Chinese Veggie Rice</b>	<b>Vegetable Crumble with Roast Potatoes and Gravy</b> Carrots, peppers, courgette and butterbeans in a rich tomato sauce with a breadcrumb topping
Vegetables	<b>Crunchy Salad Peas</b>	<b>Peas Roast Peppers and Sweetcorn</b>	<b>Green Beans Crunchy Salad</b>	<b>Broccoli Mediterranean Vegetables</b>	<b>Cabbage Carrot and Swede Mash</b>
Desserts	<b>Fresh Fruit*</b> <b>Yoghurt</b> <b>Cheese &amp; Crackers</b>				

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish

