

# Autumn/Winter Menu 2017/18

Week	Day	Mains		Sides			Puddings
		Meat	Vegetarian				
<b>Week 1</b>  Week commencing 4 <sup>th</sup> September, 25 <sup>th</sup> September, 16 <sup>th</sup> October, 13 <sup>th</sup> November, 4 <sup>th</sup> December, 1 <sup>st</sup> January, 22 <sup>nd</sup> January	Monday	Breaded chicken wrapster <sup>3</sup> Sweet chilli sauce or garlic mayonnaise <sup>11,14</sup>	Vegetable pinwheel <sup>1,3,6,11</sup>	Baked potato wedges or 1/2 jacket potato	Baked beans	Coleslaw <sup>11,14</sup>	Peach & apricot crumble <sup>3</sup> Custard <sup>1</sup>
	Tuesday	<b>Pasta bar</b> Penne pasta with beef bolognese <sup>3</sup>	<b>Pasta bar</b> Penne pasta with tomato & basil or creamy cheese sauce <sup>1,14</sup>	Garlic bread <sup>1,3,6,11</sup>	Sweetcorn	Tomato & spinach salad	Lemon drizzle cake <sup>1,3,11</sup>
	Wednesday	Honey roasted gammon Gravy <sup>12</sup>	Vegetable grill <sup>3</sup>	Roast potatoes	Cabbage	Carrots	Ice cream <sup>1</sup> / mousse <sup>1</sup>
	Thursday	Chicken & sweetcorn pie <sup>1,3,11,12,13</sup> Gravy <sup>12</sup>	Vegetable tagine <sup>12,13</sup> Cous cous <sup>3</sup>	Creamy mashed potato <sup>1</sup>	Winter root vegetables	Broccoli	Funky fruit
	Friday	Cod fish fingers <sup>2,3</sup> Poached salmon <sup>2</sup>	Cauliflower cheese <sup>1,14</sup>	Chips	Garden peas	Baked beans	Spiced shortbread <sup>3</sup> Frozen raspberry yoghurt <sup>1</sup>
<b>Week 2</b>  Week commencing 11 <sup>th</sup> September, 2 <sup>nd</sup> October, 30 <sup>th</sup> October, 20 <sup>th</sup> November, 11 <sup>th</sup> December, 8 <sup>th</sup> January, 29 <sup>th</sup> January	Monday	<b>Pizza bar</b> Pepperoni pizza <sup>1,3,6,11</sup>	<b>Pizza bar</b> Margarita pizza <sup>1,3,6,11</sup>	1/2 Jacket potato	Garden salad <sup>14</sup>	Green beans	Carrot cake <sup>3,11</sup>
	Tuesday	Mild chicken curry <sup>1</sup>	Oriental vegetable stir-fry <sup>6</sup>	Indian bread <sup>1,3,6,11</sup>	Brown & white rice	Sweetcorn Grated carrot	Winter fruit goodie <sup>3</sup> Custard <sup>1</sup>
	Wednesday	Roast pork loin with apple sauce Gravy <sup>12</sup>	Roasted vegetable pot <sup>1,3,6,11</sup>	Roast potatoes	Fresh broccoli florets	Root mash	Fruit jelly Frozen fruit smoothies
	Thursday	Minced beef cobbler <sup>1,3,12</sup>	Soya mince shepherd's pie <sup>1,3,6</sup>	Mashed potato <sup>1</sup>	Cabbage	Carrots	Sticky toffee sponge <sup>1,3,11</sup> Custard <sup>1</sup>
	Friday	Crispy battered cod <sup>2,3</sup>	Twice baked potatoes with cheddar, broccoli & butternut squash <sup>1</sup>	Chips	Garden peas	Baked beans	Chocolate tart <sup>1,3</sup>
<b>Week 3</b>  Week commencing 18 <sup>th</sup> September, 9 <sup>th</sup> October, 6 <sup>th</sup> November, 27 <sup>th</sup> November, 18 <sup>th</sup> December, 15 <sup>th</sup> January, 5 <sup>th</sup> February	Monday	<b>Sausage bar</b> Sausages <sup>1,3,6,11,12,13</sup> Onion gravy <sup>12</sup>	<b>Sausage bar</b> Quorn sausage <sup>1,3,11</sup> Onion gravy <sup>12</sup>	Creamy mashed potatoes <sup>1</sup>	Sweetcorn	Baked beans	Chocolate cake <sup>1,3,11</sup> Mandarins & chocolate sauce <sup>1</sup>
	Tuesday	Beef enchiladas <sup>3</sup>	Macaroni cheese <sup>1,3,14</sup>	Seasoned baked potatoes & sweet potatoes	Steamed green beans	Garden salad <sup>14</sup>	Funky fruit day
	Wednesday	Roast turkey with sage & onion stuffing <sup>3</sup> Gravy <sup>12</sup>	Vegetarian quesadillas <sup>1,3</sup> Sour cream <sup>1</sup>	Roast potatoes	Carrots	Cauliflower	Vanilla ice cream <sup>1</sup> / mousse <sup>1</sup>
	Thursday	BBQ chicken <sup>3,6</sup>	Bombay biryani <sup>12,13</sup>	Sunshine rice <sup>12,13</sup>	Sweetcorn	Broccoli	Jam tart <sup>3</sup> Custard <sup>1</sup>
	Friday	Battered cod goujons <sup>2,3</sup>	Mediterranean quiche <sup>1,3,11</sup>	Chips	Garden peas	Baked beans	Assorted biscuits <sup>3</sup>



## Food for life

We are proud holders of Soil Association bronze Food for Life standard



## MSC

All our fish is sustainable sourced and accredited by the Marine Stewardship Council



## ISO 9001

Principals is accredited to the ISO 9001/2008 quality management system



We work with butchers that source meat from farmers certified by Red Tractor and RSPCA Freedom Foods