

Autumn/Winter menu 2018-19

Available everyday: Baked jacket potatoes, fresh bread ^{1,3,6,11} and fresh fruit

Week	Day	Mains		Sides			Puddings
		Meat	Vegetarian				
1 Commences 3rd Sep 24th Sep 15th Oct 12th Nov 3rd Dec 31st Dec 21st Jan 11th Feb	Monday	French bread cheese & tomato pizza ^{1,3}	Soya mince bolognese ⁶	Penne pasta ³	Sweetcorn	Salad choice	Apple goodie ³ & custard ¹
	Tuesday	Pork cowboy casserole ¹⁴	Root vegetable cobbler ^{1,3}	Creamy mashed potato ¹	Savoy cabbage	Green beans	Rice pudding ¹ & jam
	Wednesday	Roast turkey, stuffing ⁸ & gravy	Cheese, leek & potato pie ^{1,3}	Roast potatoes	Winter root vegetables		Ice cream ¹ / mousse ¹
	Thursday	Oriental chicken ⁶	5 bean chilli & tortilla shards ³	Brown & white rice	Salad choice	Broccoli	Upside-down fruit sponge ^{3,11} & custard ¹
	Friday	Salmon fishcake ^{2,3} or pork sausages ^{3,12}	Roasted squash, spinach & cheddar frittata ^{1,11}	Chips	Peas	Baked beans	Chocolate cookie ³
2 Commences 10th Sep 1st Oct 29th Oct 19th Nov 10th Dec 7th Jan 28th Jan	Monday	Macaroni cheese ^{1,3,14}	Vegetable biryani	Green beans	Sweetcorn		Flapjack ³
	Tuesday	Minced beef & vegetable pie ^{3,11}	Roasted pepper, cheddar & broccoli strudel ^{1,3,11}	Mashed potatoes ¹	Savoy cabbage	Carrots	Ginger sponge ^{3,11} & custard ¹
	Wednesday	Roast gammon & gravy	Mixed bean & vegetable hot pot	Roast potatoes	Winter vegetable medley		Fruit jelly & cream ¹
	Thursday	Sub-station Meatball sub ³ & tomato sauce	Sub-station Falafel sub ³ & tomato sauce	Lemon cous cous ³	Broccoli	Salad choice	Fruit crumble ³ & custard ¹
	Friday	Battered cod ^{1,2,3}	Vegetable burger with apple ^{3,7} & red cabbage slaw ¹¹	Chips	Peas	Baked beans	Ice cream ¹ / mousse ¹
3 Commences 17th Sep 8th Oct 5th Nov 26th Nov 17th Dec 14th Jan 4th Feb	Monday	Soya mince chill ⁶	Margherita pizza ^{1,3,6,11}	Baked potato wedges	Broccoli	Salad choice	Frozen fruit smoothie
	Tuesday	Chicken Casserole ¹³	Shepherdess pie ¹³	Parsley mash ¹	Savoy cabbage	Sweetcorn	Jam tart ³ & custard ¹
	Wednesday	Roast pork loin, apple sauce & gravy	Vegetable grill ³	Roast potatoes	Carrots	Braised red cabbage	Gingernut cookie ³
	Thursday	Sausage & tomato pasta bake ^{1,3,12}	Butternut squash & aubergine curry	Brown & white rice	Cauliflower	Green beans	Fruit jelly
	Friday	Fishfingers ^{2,3}	Broccoli & tomato quiche ^{1,3,11}	Chips	Peas	Baked beans	Banana cake ^{3,11}



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 9001/2015 quality management system



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

Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard