

Autumn/winter term 2016-2017



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>speciality</b>	Beef & mushroom lasagne	Thai red chicken Curry	Hand carved Roast pork and apple sauce	Lamb & mint Puff pie	Battered fish
<b>Vegetarian meal</b>	Broccoli & mushroom lasagne	Thai Vegetable Red Curry	Mixed bean and roasted pepper pancakes	Cheese & tomato pasta bake	Brie and broccoli quiche
<b>Potato/ rice Vegetable</b>	Garlic bread Cajun wedges Seasonal salad	Steamed Rice Seasonal vegetables	Roast potatoes Seasonal vegetables	Herb potatoes Seasonal vegetables	Chipped potatoes Seasonal vegetables
<b>Mix &amp; match rice pasta &amp; jacket bar</b>	See separate menu				
<b>Filled Bread selection</b>	At least 2 x vegetarian 2 x meat /fish per day				
<b>Salad shakers</b>	Range of vegetable/fruit/pasta based salads with chicken, tuna ham, cheese toppings				
<b>pudding of the Day</b>	Peaches and cream	Apple & raspberry crunch crumble	Chocolate treacle sponge	Apple & sultana crumble	Chocolate bread and butter pudding
<b>Cold desserts</b>	A range of daily cold desserts including fresh fruit, fruit shakers ,jelly, cheesecake,& yoghurts.				
<b>Beverages</b>	A range of juices, milk drinks and fresh smoothies				

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Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Speciality</b>	Creamy Pork & Tomato Penne Pasta	Chicken & Sweet Potato Korma	Hand carved roast turkey cranberry sauce	Beef & ale flaky Pie	Daily Fishcakes
<b>Vegetarian meal</b>	Vegetable Kiev's	Cheese & onion slice	Spinach & mushroom bake	Sweet & sour vegetables	Cauliflower cheese
<b>Vegetable/ potatoes</b>	Seasonal vegetables Steamed Rice	Seasonal salad garlic bread	Seasonal vegetables roast potatoes	Seasonal vegetables Herb potatoes	Seasonal vegetable Chipped potatoes
<b>Mix &amp; match pasta jackets &amp; rice bar</b>	see separate menu				
<b>Filled Bread selection</b>	At least 2 x vegetarian 2 x meat /fish per day				
<b>Salad shakers</b>	Range of vegetable/fruit/pasta based salads with chicken, tuna ham, cheese toppings				
<b>pudding of the Day</b>	Apple crumble	Bread & butter pudding	Pear tarts	Orange & lemon sponge	Creamy rice pudding
<b>Cold desserts</b>	A range of daily cold desserts including fresh fruit, fruit shakers ,jelly, cheesecake,& yoghurts.				
<b>Beverages</b>	A range of juices, milk drinks and fresh smoothies				

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week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>speciality</b>	Moroccan meatballs	Chicken tikka	Hand carved roast beef with Yorkshire pudding	Chicken sweetcorn & bacon pie	Battered fish
<b>Vegetarian meal</b>	Mushroom & red pepper tart	Vegetable chilli	Macaroni cheese	Stilton & vegetable crumble With herb potatoes	Double baked jacket potato filled potato skins
<b>Potato/ Rice vegetables</b>	Steamed pasta Seasonal vegetable	Vegetable rice Or pasta seasonal vegetables	roast potatoes Seasonal vegetables	Steamed rice Seasonal vegetable	Chipped Potatoes Seasonal vegetables
<b>mix &amp; match pasta jacket &amp; rice bar</b>	see separate menu				
<b>Filled bread selection</b>	At least 2 x vegetarian 2 x meat /fish per day				
<b>Salad shakers</b>	Range of vegetable/fruit/pasta based salads with chicken, tuna ham, cheese toppings				
<b>pudding of the Day</b>	Chocolate sponge with chocolate sauce	Apple & apricot crumble with custard	Pear & chocolate sponge	Oaty apple and sultana crumble	Welsh cakes and cream
<b>Cold desserts</b>	A range of daily cold desserts including fresh fruit, fruit shakers ,jelly, cheesecake,& yoghurts.				
<b>Beverages</b>	A range of juices, milk drinks and fresh smoothies				