

# SCHOOL MEAL MENU OPTIONS

- Great Food for Thought -



Menu Commencing  
September 2017

		HOT MENU WEEK 1	HOT MENU WEEK 2	HOT MENU WEEK 3
MONDAY	MAIN	<b>HAM PIZZA</b> with Mixed Salad and Home Made Coleslaw	<b>SAUSAGE ROLL</b> with Baked Beans & Mashed Potato	<b>CHICKEN PIE in Gravy</b> with Sweet Corn & Baby Potatoes
	VEGETARIAN OPTION	<b>CHEESE and TOMATO PIZZA</b> with Mixed Salad and Home Made Coleslaw	<b>VEGETARIAN SAUSAGE ROLL</b> with Baked Beans & Mashed Potato	<b>VEGETABLE PIE in Gravy</b> with Sweet Corn & Baby Potatoes
	PUDDING	<b>YOGURT</b>	<b>YOGURT</b>	<b>YOGURT</b>
TUESDAY	MAIN	<b>CHIPOLATA SAUSAGES</b> Baby Potatoes, Peas & Gravy	<b>MILD BEEF CHILLI Con CARNE</b> with Basmati Rice	<b>MEAT BALLS</b> in a Tomato & Herb Sauce with Rice
	VEGETARIAN OPTION	<b>VEGETARIAN SAUSAGES</b> Baby Potatoes, Peas & Gravy	<b>MILD VEGETABLE CHILLI Con CARNE</b> with Basmati Rice	<b>VEGETARIAN BALLS</b> in a Tomato & Herb Sauce with Rice
	PUDDING	<b>JELLY with FRESH FRUIT</b>	<b>CHOCOLATE MOUSSE</b>	<b>CHOCOLATE CRACKNEL</b>
WEDNESDAY	MAIN	<b>ROAST TURKEY</b> with Roast Potatoes, Seasonal Veg & Stuffing	<b>ROAST PORK &amp; Apple Sauce</b> with Seasonal Vegetables & Roast Potatoes	<b>ROAST BEEF &amp; Yorkshire Pudding</b> with Seasonal Vegetables & Roast Potatoes
	VEGETARIAN OPTION	<b>QUORN ROAST</b> with Roast Potatoes, Seasonal Veg & Stuffing	<b>QUORN ROAST</b> with Roast Potatoes, Seasonal Veg & Stuffing	<b>QUORN ROAST</b> with Roast Potatoes, Seasonal Veg & Stuffing
	PUDDING	<b>ICED FINGER ROLL</b>	<b>PLAIN SHORTBREAD</b>	<b>GINGER BREAD MAN</b>
THURSDAY	MAIN	<b>COTTAGE PIE</b> Creamy Mash, Peas & Carrots	<b>BEEF LASAGNE</b> with Green Salad	<b>CHICKEN PASTA BAKE</b> with Garlic Bread
	VEGETARIAN OPTION	<b>VEGETARIAN COTTAGE PIE</b> Creamy Mash, Peas & Carrots	<b>VEGETARIAN LASAGNE</b> with Green Salad	<b>VEGETABLE PASTA BAKE</b> with Garlic Bread
	PUDDING	<b>CHOCOLATE SPONGE with CUSTARD</b>	<b>BANANA BREAD</b>	<b>LEMON DRIZZLE CAKE</b>
FRIDAY	MAIN	<b>COD GOUJONS with Peas</b> Tricolore Fusilli with Tomato & Herb Sauce	<b>BATTERED COD</b> with Chips & Peas	<b>COD FISH FINGERS</b> with Baked Beans & Creamy Potato Mash
	VEGETARIAN OPTION	<b>VEGETARIAN FINGERS with Peas</b> Tricolore Fusilli with Tomato & Herb Sauce	<b>VEGETABLE BURGER</b> with Chips and Peas	<b>JACKET POTATO</b> with Cheese and Beans
	PUDDING	<b>RASPBERRY RIPPLE</b>	<b>ICED JAM SPONGE</b>	<b>FRUIT CRUMBLE with Custard</b>

Milk and Freshly Baked Wholegrain Bread is included in this Menu with each Meal. Larger sized Adult Portions are also available. Devised and independently verified in accordance to the School Food Plan 2015.

C. H. BAKER & SONS

FRESH FRUIT
FISH
STARCHY INGREDIENTS
ALLERGENS

FRESH FRUIT is available each day in place of a Pudding Choice. Orders are required

The Food Plan recommends each Child has an Oily Fish Portion at least once every three weeks. Fresh Salmon Fish Cakes are available as a substitute on Fish days

When using Rice, Pasta and Flour in our recipes, we use a combination of both White and Brown

A full List of Allergens concerning these Menu choices are available