

# SCHOOL MEAL MENU OPTIONS

- Great Food for Thought -

Menu Commencing  
April 2017

	HOT MENU WEEK 1	HOT MENU WEEK 2	HOT MENU WEEK 3
<b>MONDAY</b>	<b>MAIN</b> with Criss Cross Potatoes & Mixed Leaves <b>QUICHE LORRAINE</b> VEGETABLE QUICHE with Criss Cross Potatoes & Mixed Leaves <b>PUDDING</b> RICE PUDDING with JAM	<b>MILD CHICKEN &amp; VEG CURRY</b> with Basmati Rice and Naan Bread MILD VEGETABLE CURRY with Basmati Rice and Naan Bread <b>RASPBERRY RIPPLE</b>	<b>INDIVIDUAL CHICKEN PIZZA</b> with Green Salad and Home Made Coleslaw <b>INDIVIDUAL CHEESE PIZZA</b> with Green Salad and Home Made Coleslaw <b>YOGURT</b>
<b>TUESDAY</b>	<b>MAIN</b> <b>BEEF SPAGHETTI BOLOGNAISE</b> VEGETABLE SPAGHETTI BOLOGNAISE <b>PUDDING</b> YOGURT	<b>TUNA PASTA BAKE</b> with Salad VEGETABLE PASTA BAKE with Salad <b>PLAIN SHORTBREAD</b>	<b>COTTAGE PIE</b> Creamy Mash with Peas & Carrots VEGETABLE COTTAGE PIE Creamy Mash with Selected Vegetables in Gravy <b>JELLY and FRUIT</b>
<b>WEDNESDAY</b>	<b>MAIN</b> with Roast Potatoes, Seasonal Veg & Stuffing <b>ROAST TURKEY</b> QUORN ROAST with Roast Potatoes, Seasonal Veg & Stuffing Loaded BANANA CAKE <b>PUDDING</b> YOGURT	<b>ROAST BEEF &amp; Yorkshire Pud</b> with Seasonal Vegetables & Roast Potatoes QUORN ROAST with Seasonal Vegetables & Roast Potatoes <b>YOGURT</b>	<b>ROAST PORK &amp; Apple Sauce</b> with Seasonal Vegetables & Roast Potatoes QUORN ROAST with Seasonal Vegetables & Roast Potatoes <b>GINGER BREAD MAN</b>
<b>THURSDAY</b>	<b>SAUSAGE ROLL</b> Baked Beans & Mashed Potato VEGETARIAN SAUSAGE ROLL Baked Beans & Mashed Potato <b>ICED FINGER BUN</b> <b>PUDDING</b> APPLE CAKE	<b>BBQ'd PULLED PORK</b> with Crisp Vegetables and Rice BBQ'd CRISP VEGETABLES with Rice <b>APPLE CAKE</b>	<b>HAM SALAD</b> with Warm New Potatoes CHEESE SALAD with Warm New Potatoes <b>DATE CRISP</b>
<b>FRIDAY</b>	<b>MAIN</b> with Half Jacket and Baked Beans <b>COD GOUJONS</b> SWEET POTATO & FETA CHEESE FINGERS with Half Jacket and Baked Beans <b>SICILIAN LEMON CHEESECAKE</b> <b>PUDDING</b> FLAP JACK	<b>BATTERED COD</b> with Chips and Peas VEGETABLE BURGER with Chips and Peas <b>FLAP JACK</b>	<b>COD FISH FINGERS</b> Mediterranean Veg Pasta in Tomato Sauce & Sweet Corn VEGETABLE FINGERS Mediterranean Veg Pasta in Tomato Sauce & Sweet Corn <b>CHOCOLATE MOUSSE</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

- 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