



Winter/Spring 2011/2012 menu

A selection of seasonal vegetables served daily, along with fresh wholemeal bread. Freshly prepared salad also available from our salad bar.

Week one

31st October, 28th November, 2nd January, 30th January, 5th March

MONDAY

Sweet and sour chicken with noodles OR Macaroni cheese (v)



Iced chocolate crunch with fruit juice

TUESDAY

Shepherd's pie OR Margherita pizza and potato wedges (v)



Sticky toffee pudding with custard

WEDNESDAY

Roast loin of pork OR Quorn sausage (v) with Yorkshire pudding and gravy with roast or parsley potatoes



Jelly with topping

THURSDAY

Beef chilli con carne with rice OR Jacket potato with cheese or tuna (v)



Flapjack and custard

FRIDAY

Breaded fish with tomato sauce OR Cowboy hotpot (v) with chunky chips or pasta



Ice cream with orange wedge

Week Two

7th November, 5th December, 9th January, 6th February, 12th March

MONDAY

Lasagne OR Margherita pizza (v) with baked potato



Melting moment with fruit juice

TUESDAY

Roast chicken breast OR Quorn roast (v) with Yorkshire pudding and gravy with mashed potatoes



Chocolate sponge with orange and ice cream

WEDNESDAY

Pork sausages in gravy and herby diced potatoes OR Mild veggie curry with naan and rice (v)



Fruit yogurt with crunchy toppings

THURSDAY

Roast beef with Yorkshire pudding and gravy OR Veggie toad in the hole (v) with roast or parsley potatoes



Winter fruit crumble and custard

FRIDAY

Breaded fish or salmon fillet with tomato sauce OR Tomato pasta bake (v) with pasta or chunky chips



Golden Krispie with milk

Week Three

14th November, 12th December, 16th January, 20th February, 19th March

MONDAY

Pasta Bolognese bake OR Vegetarian chilli with rice (v) with garlic bread



Syrup and sultana cookie with fruit juice

TUESDAY

Chicken curry with naan bread OR Cheese and tomato pinwheels (v) with rice or sliced potatoes



Fruit cobbler with custard

WEDNESDAY

Roast loin of pork OR Tasty bean bake (v) with Yorkshire pudding and gravy



Rice pudding with fruit topping

THURSDAY

Savoury mince OR Margherita pizza (v) with potato wedges or mashed potatoes



Chocolate sponge and chocolate sauce

FRIDAY

Breaded fish with tomato sauce OR Winter vegetable bake (v) with pasta or chunky chips



Fruit iced smoothie

Week Four

21st November, 23rd January, 27th February, 26th March

MONDAY

Homemade fish pie made with salmon OR Margherita pizza (v) with baked potato



Chocolate brownie

TUESDAY

Toad in the hole OR Vegetable cobbler (v) with mashed potatoes



Jam sponge with custard

WEDNESDAY

Turkey meatballs in tomato sauce or gravy OR Cheese and country bakes (v) with spaghetti or herby diced potatoes



Lemon shortbread with milk

THURSDAY

Roast chicken OR Vegetarian meatballs (v) with Yorkshire pudding and gravy with roast or parsley potatoes



Spiced apple cake with custard

FRIDAY

Breaded fish with tomato sauce OR Quorn burgers with chunky chips or pasta



Raspberry ripple roll