

Secondary Autumn 2017 Menu - Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vegetable Supreme Pizza** <i>with Jacket Wedges</i>	Beef & Vegetable Pie <i>with New Potatoes</i>	Roast Turkey <i>with Roast Potatoes & Gravy</i>	Chinese Chicken with Noodles	Crispy Fish & Chips
Alternative Dish	Neapolitan Pasta **	Mexican Vegetable Chilli <i>with Rice</i>	Cheese & Potato Bake	Vegetable Noodles	Veggie Hot Dog <i>with Chips</i>
Vegetables	House Coleslaw Peas	Green Beans Cauliflower	Fresh Cabbage Carrots	Broccoli Sweetcorn	Baked Beans Peas
Desserts	Raspberry Fro Yoghurt	Pineapple and Peach Crumble <i>with Custard *</i>	Date Bar <i>served with Yoghurt</i>	Fruit in Jelly	Chocolate and Banana Muffin

Cool Water, Fresh Fruit and Yoghurt served daily

*Fruit Based **Wholegrain



Secondary Autumn 2017

Menu - Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mac 'N' Cheese <i>Macaroni Cheese</i>	Pork Sausages <i>with Creamy Mash and Gravy</i>	Roast Pork <i>with Roast Potatoes and Gravy</i>	Beef Chilli <i>with Rice</i>	Golden Fish Fingers & Chips
Alternative Dish	Boston Bean Casserole <i>with Rice **</i>	Vegetarian Sausages <i>with Creamy Mash and Gravy</i>	Quorn Roast <i>with Roast Potatoes with Gravy</i>	Creamy Tomato and Basil Pasta **	Bean and potato Burrito <i>with Chips</i>
Vegetables	Broccoli Crunchy Salad	Carrots Seasonal Cabbage	Peas Swede	Sweetcorn Green Beans	Baked Beans Crunchy Light Coleslaw
Desserts	Oatie Biscuit	Chocolate and Mandarin Sponge * with Chocolate Sauce	Peaches With Homemade Granola & Yoghurt	Carrot & Pineapple Cake Slice	Fruit Jelly

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Secondary Autumn 2017 Menu - Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mozzarella & Tomato Pizza ** <i>with Oven Baked Wedges</i>	Marinated Mild Chicken Tikka Thigh <i>With Rice</i>	Honey roast Gammon <i>with Roast Potatoes and Gravy</i>	Pasta Bolognaise **	Crispy Salmon Fish Finger *** <i>with Chips</i>
Alternative Dish	Quorn Sausage and Tomato Pasta Bake **	Cheese and Sweetcorn Quiche <i>with New Potatoes</i>	Shepherdess Pie	Mild Vegetable Curry <i>with Rice</i>	Veggie Quesadilla <i>with Chips</i>
Vegetables	Peas Apple Slaw	Broccoli Fresh Salad	Fresh Cabbage Sweetcorn	Green Beans Carrots	Baked Beans Peas
Desserts	Wedges of Melon or Orange	Apple Cracknell <i>with Custard *</i>	Mini Gingerbread Cake <i>With Fresh Fruit *</i>	Chocolate Orange Crispy	Creamy Rice Pudding <i>with Fruit</i>

Cool Water, Fresh Fruit and Yoghurt served daily

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