

# WINTER/SPRING MENU 2019/20



|               | <b>Meat Free Monday</b>   | <b>Traditional Tuesday</b>   | <b>World Food Wednesday</b>  | <b>Thursday Favourites</b>  | <b>Fish Friday</b>  |
|---------------|---|--|--|---|---|
| <b>Week 1</b> | Cheese & Onion Pie<br>Vegetarian Risotto<br><br>Jacket Potato Selection<br>Diced Potatoes<br>Beans<br><br>Raspberry Sorbet with<br>Seasonal Fruit | Baked Sausages, Yorkshire<br>Pudding & Gravy<br>Quorn Strips & Salad in<br>a Tortilla Boat<br>Pasta & Sauce<br>Mashed Potatoes<br>Broccoli<br><br>Shortbread Bite & Fruit                                    | Marinated Chicken Naan<br>Loaded Mac n Cheese<br><br>Sandwich Selection<br>Hot Sandwich Selection<br>Couscous<br>Mini Corn on the Cob<br><br>Jelly & Fruit                         | Stew & Dumplings<br>Veggie Chilli con Carne<br><br>Jacket Potato Selection<br>Sliced Malted Bloomer<br>Beetroot & Carrots<br><br>Fruit Kebab                      | Birdseye Gluten Free<br>Fish Fingers<br>Cheese Swirl<br>Pasta & Sauce<br>Chips<br>Garden Peas<br>Seasonal Fruit Sponge<br>with Custard                    |
| <b>Week 2</b> | Homemade Pizza Slices<br>Spanish Omelette<br><br>Hot Sandwich Special<br>Baked Jacket Wedges<br>Carrots<br><br>Dessert Whip with Fruit            | Traditional Lancashire Hotpot<br>Cauliflower & Broccoli<br>Cheese Bake<br>Jacket Potato Selection<br>Wholegrain Baguette<br>Beetroot & Red Cabbage<br><br>Cheese & Crackers with<br>Carrot & Cucumber Sticks | Lasagne<br>Vegetarian Sausage Roll<br>& Tomato Sauce<br><br>Hot Sandwich Special<br>Garlic Bread<br>Green Beans<br><br>Winter Fruit Crunch   | Roast Dinner with all<br>the Trimmings<br>Mediterranean Quorn<br>Pasta & Sauce<br>Roast & Mashed Potatoes<br>Cabbage<br><br>Fruity Frozen Yoghurt<br>with Peaches | Seaside Salmon<br>Sweet Chilli Noodles<br><br>Jacket Potato Selection<br>Baked Jacket Wedges<br>Garden Peas<br><br>Seasonal Fruit Crumble<br>with Custard |
| <b>Week 3</b> | Homemade Pizza Slices<br>Veggie Sausages<br><br>Hot Sandwich Special<br>Mixed Vegetables<br>Sunshine Rice<br><br>Peach Melba                      | Roast Dinner with<br>all the Trimmings<br>Hot Filled Tortilla Boat<br>Pasta & Sauce<br><br>Roast & Mashed Potatoes<br>Cabbage & Carrots<br><br>Rice Pudding  | Homemade Chicken Pie<br>Cheese & Bean Enchilada<br>Jacket Potato Selection<br>Sunshine Vegetable Rice<br>Green Beans<br>Diced Potatoes<br><br>Parsnip & Apple Cake<br>with Custard | Homemade Meatballs<br>Cheese Flan<br>Sandwich Selection<br>Hot Sandwich Special<br>Pasta<br>Sweetcorn<br><br>Fruit Salad with Fruity<br>Frozen Yoghurt            | Tempura Fish Fillet<br><br>Southern Style Quorn Burger<br>Jacket Potato Selection<br>Chips<br>Garden Peas<br><br>Homemade Muffin                          |

The Fresh Fayre Gang – making your school dinners taste great!

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