

MENU - TERMS 3 & 4 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Tomato & Basil Pasta or Sweet Potato Curry & Rice Garlic Bread Roasted Vegetables & Sweetcorn Squidgy Pear Pudding & Chocolate Sauce Fresh Fruit/Yoghurt	Baked Sausages & Gravy or Quorn Sausages & Gravy Creamed Potatoes Cauliflower & Green Beans Milk Pudding Fresh Fruit/Yoghurt	Roast Gammon & Gravy or Crunchy Vegetable Crumble Roast/Boiled Potatoes Local Seasonal Vegetables & Cooks choice Iced Carrot Cake Fresh Fruit/Yoghurt	Lasagne or Veggie Shepherd's Pie Tomato & Herb Bread Peas & Carrots Fruit Jelly Fresh Fruit/Yoghurt	Fish Fingers & Tomato Ketchup or Cheese & Pepper Tart Chips/Pasta Baked Beans & Sweetcorn Oat Cookie & Milk Fresh Fruit/Yoghurt
WEEK 2	Cheese & Tomato Pizza or Veggie Chilli & Rice Herby Diced Potatoes Peas & Coleslaw Chocolate Brownie Fresh Fruit/Yoghurt	Pork Meatballs in Tomato Sauce or Cheesy Scotch Eggs Pasta Carrots & Swede Fruit Crumble & Custard Fresh Fruit/Yoghurt	Roast Turkey & Stuffing with Gravy or Winter Vegetable Bake Roast/Boiled Potatoes Local Seasonal Vegetables & Cooks Choice Raspberry Buns & Milk Yoghurt/Fresh Fruit	Chicken Enchiladas or Quorn Stir Fry with Vegetables Savoury Rice Mixed Vegetables & Sweetcorn Melon Boats & Fruit Yoghurt Fresh Fruit/Yoghurt	Battered Fish & Tomato Ketchup or Curried Vegetable Pasty Chips/Pasta Baked Beans & Peas Ice Cream/Frozen Fruit Smoothie Fresh Fruit/Yoghurt
WEEK 3	Macaroni Cheese or Quorn Meatloaf in Tomato Sauce Served with Rice Tomato & Herb Bread Chunky Tomato & Cucumber Salsa Peas Pear & Berry Crumble & Custard Fresh Fruit/Yoghurt	Chicken Ham & Leek Pie & Gravy or Mexican Bean Wraps & Rice Boiled Potatoes Broccoli & Mixed Vegetables Shortbread & Milk Fresh Fruit/Yoghurt	Roast Pork with Apple Sauce & Gravy or Cauliflower & Broccoli Bake Roast/Boiled Potatoes Local Seasonal Vegetables & Cooks Choice Raspberry Ripple Mousse Fresh Fruit/Yoghurt	Spaghetti Bolognese or Spanish Tortilla Garlic Bread Carrots & Peas Apple & Vanilla Tart & Custard Fresh Fruit/Yoghurt	Salmon Nuggets & Tomato Ketchup or Vegetarian Sausage Roll Chips/Pasta Sweetcorn & Baked Beans Bread Pudding Fresh Fruit/Yoghurt

See www.wholeschoolmeals.co.uk/menus for week dates