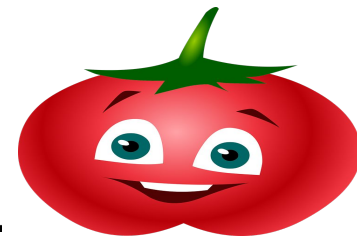
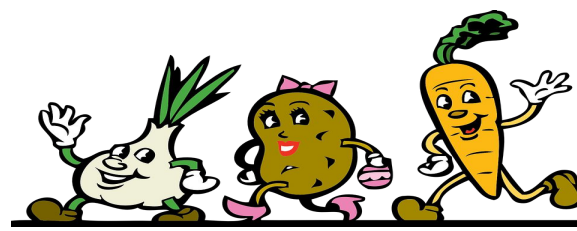



# WINTER MENU 2017

## MIDDLE SCHOOL

### WEEK ONE



 **Homemade Items**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	<p> Macaroni Cheese</p> <p> Ricotta Tortellini with Basil &amp; Tomato Sauce or Chicken Pasta Bake</p> <p> Jacket Potato with a Choice of Fillings</p>	<p> Sloppy Joe's in a Bun or Lasagna or Mince with Yorkshire Pudding</p> <p> Meat Free Sloppy Joe's in a Bun or Lasagna or Mince with Yorkshire Pudding</p> <p> Jacket Potato with a Choice of Fillings</p>	<p> Roast of the Day with Yorkshire Pudding</p> <p> Quorn Pasta Bake</p> <p> Jacket Potato with a Choice of Fillings</p>	<p> Chicken Pie or Casserole</p> <p> Quorn Pie or Casserole</p> <p> Jacket Potato with a Choice of Fillings</p>	<p> Homemade Pizza</p> <p>Fish Portion</p> <p> Jacket Potato with a Choice of Fillings</p>
Potatoes	Garlic Bread	Jacket Potato Wedges or Sweet Potato Wedges	Roast Potatoes or Creamed Potatoes or Parsley Potatoes	Creamed Potatoes	Chips or Pasta or Mini Potato Waffles
Pasta/Rice	Crusty Bread	Garlic Bread / Creamed Potato		Parsley Potatoes	
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Salad Bowl	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Starters or Sweets	<p> Oaty Apple Crumble with Custard</p>	<p> Sticky Toffee Pudding with Custard</p>	<p> Fruity Rice Pudding</p>	<p> Chocolate &amp; Mandarin Puddle Cake with Custard</p> <p> Glass of Milk or Juice</p>	<p> Carrot Cake or Homemade Biscuit with a Glass of Milk</p>

Fresh Fruit and Yoghurt available daily

Drinking Water is Available Daily on the Dining room Tables

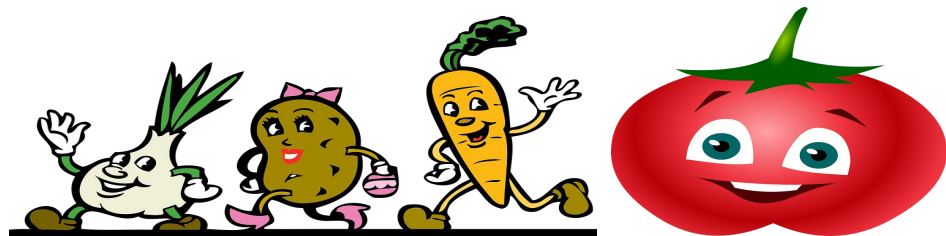
Allergen Information is Available from the Catering Manager or NCC Web Site





















# WINTER MENU 2017

## MIDDLE SCHOOL

### WEEK TWO



 **Homemade Items**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Turkey / Mediterranean Pasta Bake  Salmon Fillet or Salmon Bites Jacket Potato with a Choice of Fillings 	Curry of the Day or Spaghetti Bolognese  Quorn Curry of the Day or Spaghetti Bolognese  Jacket Potato with a Choice of Fillings 	Roast of the Day with Yorkshire Pudding  Veggie Roast of the Day with Yorkshire Pudding  Jacket Potato with a Choice of Fillings 	Savoury Mince with Dumplings  Meat Free Savoury Mince with Dumplings  Jacket Potato with a Choice of Fillings 	Tuna or Cheese Melt or Wrap or Pulled Pork Bun  Breaded Fish Portion Jacket Potato with a Choice of Fillings 
Potatoes Pasta / Rice	Crusty Bread Jacket Potato Wedges	Basmati Rice Couscous Pasta	Roast Potatoes Creamed Potatoes Parsley Potatoes	Creamed Potatoes Parsley Potatoes	Chips or Pasta or Mini Potato Waffles
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Salad Bar	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Starters or Sweets	Fruity Flapjack Crumble with a Glass of Milk 	Swirly Whirly Chocolate Cake with Custard 	Banana & Pineapple Cake or Orange Cake with Custard or Glass of Milk or Juice 	Berry Slice or Fruit Whip with Custard 	Homemade Biscuit with a Glass of milk or juice 



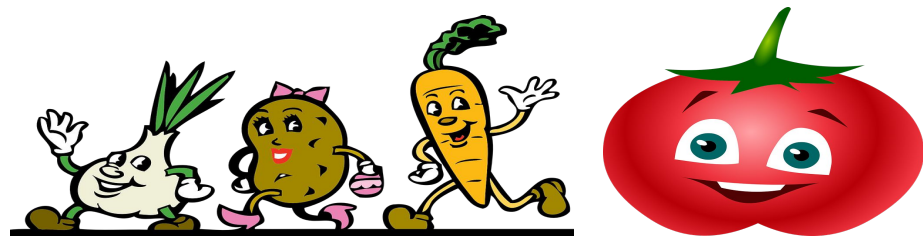
Fresh Fruit & Yoghurt available  
**Drinking Water is Available Daily on the Dining room Tables**  
**Allergen Information is Available from the Catering Manager or NCC Web Site**



# WINTER MENU 2017

## MIDDLE SCHOOL

### WEEK THREE



Homemade Items

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	French Baguette Pizza or Tuna / Cheese Melt Quorn Pasta Bake Jacket Potato with a Choice of Fillings	Savoury Mince Pie Meat Free Savoury Mince Pie Jacket Potato with a Choice of Fillings	Roast of the Day with Yorkshire Pudding Veggie Roast of the Day with Yorkshire Pudding Jacket Potato with a Choice of Fillings	Sausage in Gravy or Sausage Casserole with Yorkshire Pudding Veggie Sausage in Gravy or Veggie Sausage Casserole with Yorkshire Pudding Jacket Potato with a Choice of Fillings	Fish Fingers Cheese and Tomato Quiche Jacket Potato with a Choice of Fillings
Potatoes Pasta / Rice	Crusty Bread Jacket Potato Wedges	Creamed Potatoes Parsley Potatoes	Roast Potatoes Creamed Potatoes Parsley Potatoes	Creamed Potatoes Parsley Potatoes	Chips or Pasta or Mini Potato Waffles
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Salad Bar	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Starters or Sweets	Jam / Syrup Sponge with Custard or Glass of Milk or Juice	Fruity Flapjack with Custard or Glass of Milk or Juice	Chocolate Pudding / Cake with Chocolate Sauce	Apple Cake with Custard or Glass of Milk or Juice	Plain / Fruity / Chocolate Muffin with a Glass of Milk or Juice

Fresh Fruit & Yoghurt available daily

Drinking Water is Available Daily on the Dining room Tables

Allergen Information is Available from the Catering Manager or NCC Web Site

