

WINTER MENU

MIDDLE SCHOOL

WEEK ONE

Homemade Dish

Celery

Cereals Containing Gluten

Crustaceans

Eggs

Fish

Lupin

Milk

Molluscs

Mustard

Nuts

Peanuts

Sesame Seeds

Soya

Sulphur Dioxide

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Homemade Margarita or Pepperoni Pizza Quorn Mediterranean Pasta Bake Salmon Fillet or Salmon Bites Jacket Potato with a Choice of Fillings	Homemade Mince Pie Quorn Shepherds Pie Sweet Potato & Vegetable Curry Jacket Potato with a Choice of Fillings	Roast of the Day with Yorkshire Pudding Meat Free Sausage Toad in the Hole Casserole of the Day with Yorkshire Pudding Jacket Potato with a Choice of Fillings	Chicken Curry Vegetable Fajitas Chicken Fajitas Jacket Potato with a Choice of Fillings	Oven Baked Sausage Cheese Whirls Breaded Fish Portion Jacket Potato with a Choice of Fillings
Potatoes	Crusty Bread	Basmati Rice	Roast Potatoes	Wholemeal Rice	Chips
Pasta/Rice	Jacket Potato Wedges	Creamed Potato Parsley Pots	Creamed Potatoes Parsley Potatoes	Parsley Potatoes	Pasta
Vegetables	Sweetcorn Broccoli	Cauliflower Carrots	Cabbage / Swede Brussel Sprouts	Carrots Green Beans	Baked Beans Garden Peas
Salad Bowl	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Starters or Sweets	Fruity Chocolate Brownie with a Glass of Milk or Juice	Iced Marble Cake with Custard	Fruit and Artic Roll Cheese and Biscuits	Ginger / Vanilla Sponge with Custard	Fruit Cheesecake Mousse Slice



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	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	<p> Pork Casserole</p> <p>Sweet and Sour Pork</p> <p> </p> <p>Quorn Tomato & Basil Pasta Bake </p> <p>Jacket Potato with a Choice of Fillings</p> <p> </p>	<p>Savoury Mince with Dumplings </p> <p>Meat Free Savoury Mince with Dumplings </p> <p> </p> <p>Cottage Pie </p> <p>Jacket Potato with a Choice of Fillings</p> <p> </p>	<p> Roast of the Day with Yorkshire Pudding </p> <p> Hot Roast Baguette or Bap of the Day </p> <p>Casserole of the Day</p> <p> </p> <p>Jacket Potato with a Choice of Fillings</p> <p> </p>	<p>Homemade Beef Lasagne or Spaghetti Bolognese</p> <p> </p> <p> Meat Free Lasagne </p> <p> Homemade Soup with a Bread Roll</p> <p>Jacket Potato with a Choice of Fillings</p> <p> </p>	<p>Pulled Pork or Chicken in a Bun</p> <p> </p> <p>Cheese and Tomato Quiche </p> <p>Quorn Curry</p> <p> </p> <p>Jacket Potato with a Choice of Fillings</p> <p> </p>
Potatoes Pasta / Rice	<p>Wholemeal Rice</p> <p> Pasta</p> <p> Crusty Bread</p>	<p> Creamed Potatoes</p> <p> Parsley Potatoes</p>	<p>Roast Potatoes</p> <p> Creamed Potatoes</p> <p> Parsley Potatoes</p>	<p> Garlic Bread</p> <p> Parsley Potatoes</p>	<p>Chips</p> <p> Pasta</p> <p>Basmati Rice</p>
Vegetables	<p>Broccoli</p> <p>Cauliflower</p>	<p>Garden Peas</p> <p>Carrots</p>	<p>Cabbage / Swede</p> <p>Brussel Sprouts</p>	<p>Sweetcorn</p> <p>Green Beans</p>	<p>Baked Beans</p> <p>Mixed Vegetables</p>
Salad Bar	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Starters or Sweets	<p>Fruit Muffin with a Glass of Milk or Juice</p> <p> </p>	<p>Fruit Sponge with Custard</p> <p> </p>	<p>Fruity Flapjack or Oaty Biscuit with Milk / Juice / Custard</p> <p> </p>	<p>Chocolate Sponge with Chocolate Sauce</p> <p> </p>	<p>Fruit & Rice Pudding</p> <p> Pears with Chocolate Sauce</p> <p> </p>











































































































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WINTER MENU

MIDDLE SCHOOL

WEEK THREE

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-  Celery
-  Cereals Containing Gluten
-  Crustaceans
-  Eggs
-  Fish
-  Lupin
-  Milk
-  Molluscs
-  Mustard
-  Nuts
-  Peanuts
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-  Soya
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	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	<p> Macaroni Cheese or </p> <p> Ricotta Tortellini</p> <p>Tomato or Tuna Mozzarella Wrap </p> <p>Fish Cake    </p> <p>Jacket Potato with Various Fillings     </p>	<p>Spaghetti Bolognaise  </p> <p>Meat Free Spaghetti Bolognaise   </p> <p>Chili Con Carnie  </p> <p>Jacket Potato with Various Fillings     </p>	<p> Roast of the Day with  Yorkshire Pudding </p> <p>Casserole of the Day    </p> <p>Tuna or Salmon Pasta Bake    </p> <p>Jacket Potato with Various Fillings     </p>	<p>  Turkey Curry  </p> <p>Quorn Curry     </p> <p>Chicken and Mushroom Pie   </p> <p>Jacket Potato with Various Fillings     </p>	<p>Vegetable or Pepperoni Pizza   </p> <p>Chicken & Sweetcorn Pasta Bake   </p> <p>Tuna or Cheese Melt      </p> <p>Jacket Potato with Various Fillings      </p>
Potatoes Pasta / Rice	<p>Jacket Potato Wedges</p> <p> Crusty Bread</p>	<p>Wholemeal Rice</p> <p>  Garlic Bread</p>	<p>Roast Potatoes</p> <p> Creamed Potatoes</p> <p> Parsley Potatoes</p>	<p>Basmati Rice</p> <p> Cous Cous</p> <p> Parsley Potatoes</p>	<p>Chips</p> <p> Pasta</p>
Vegetables	<p>Sweetcorn</p> <p>Broccoli</p>	<p>Carrots</p> <p>Garden Peas</p>	<p>Cabbage Swede</p> <p>Brussel Sprouts</p>	<p>Mixed Vegetables</p> <p>Green Beans</p>	<p>Baked Beans</p> <p>Garden Peas</p>
Salad Bar	<p>Seasonal Salad</p>	<p>Seasonal Salad</p>	<p>Seasonal Salad</p>	<p>Seasonal Salad</p>	<p>Seasonal Salad</p>
Starters or Sweets	<p>Homemade Biscuit with a Slice of Fruit or Tutti Fruiti Cake    </p>	<p>Sticky Toffee Pudding or Eves Sponge with Custard    </p>	<p>Jelly Whip or Homemade Jam & Cream Scone    </p>	<p>Fruit Crumble or Bakewell Tart with Custard    </p>	<p>Steamed Syrup / Jam Sponge with Custard    </p>



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