

<p><b>WEEK ONE</b> Weeks beginning: November 2nd 2015 November 23rd 2015 December 14th 2015 January 18th 2016 February 8th 2016 March 7th 2016</p>	<p><b>MONDAY MAINS</b> Chicken Pasta Bake  Jacket Potato with Cheese Sub Roll with Egg and Cress  <b>SIDES</b> Green Beans Pasta &amp; Crusty Bread  <b>DESSERT</b> Angel Delight</p>	<p><b>TUESDAY MAINS</b> Shepherd's Pie  Vegetable Pasta Bake Sub Roll with Ham Salad  <b>SIDES</b> New Potatoes Mixed Vegetables Crusty Bread  <b>DESSERT</b> Apple Crumble &amp; Custard</p>	<p><b>WEDNESDAY MAINS</b> Roast Beef and Yorkshire Pudding Jacket Potato with Baked Beans Sub Roll with Cheese salad  <b>SIDES</b> Roast Potatoes Peas / Carrots Gravy Pasta &amp; Crusty Bread <b>DESSERT</b> Yogurt &amp; Fruit slices</p>	<p><b>THURSDAY MAINS</b> Meatballs in Tomato Sauce Vegetable Lasagne Sub Roll with Tuna Mayo  <b>SIDES</b> Sweetcorn, Broccoli Mashed Potatoes OR Pasta Crusty Bread <b>DESSERT</b> Chocolate &amp; Orange Sponge with Custard</p>	<p><b>FRIDAY MAINS</b> Salmon Fish Cake  Vegetable Fingers Sub Roll with Ham &amp; Tomato  <b>SIDES</b> Pasta OR Chips Peas OR Baked Beans Crusty Bread <b>DESSERT</b> Ice Cream</p>
<p><b>WEEK TWO</b> Weeks beginning: November 9th 2015 November 30th 2015 January 4th 2016 January 25th 2016 February 22nd 2016 March 14th 2016</p>	<p><b>MONDAY MAINS</b> Beef Hot Pot  Vegetable Soup with Bread Roll Sub Roll with Tuna &amp; Cucumber  <b>SIDES</b> Peas, Pasta, Crusty Bread <b>DESSERT</b> Rice Pudding &amp; Jam Sauce</p>	<p><b>TUESDAY MAINS</b> Sausages with Gravy  Macaroni Cheese Sub Roll with Egg and Salad  <b>SIDES</b> Green Beans, Mashed Potato OR Pasta, Crusty Bread  <b>DESSERT</b> Banana Cake &amp; Custard</p>	<p><b>WEDNESDAY MAINS</b> Roast Pork &amp; Apple Sauce  Vegetable Grill Sub Roll with Cheese Salad  <b>SIDES</b> Roast Potatoes OR Pasta Peas /Carrots Gravy, Crusty Bread  <b>DESSERT</b> Strawberry Mousse</p>	<p><b>THURSDAY MAINS</b> Minced Beef Wrap  Jacket Potato with Baked Beans  Quorn Mince Wrap  <b>SIDES</b> Mixed Vegetables, New Potatoes, Crusty Bread  <b>DESSERT</b> Jam Sponge &amp; Custard</p>	<p><b>FRIDAY MAINS</b> Fish  Vegetable Curry Sub Roll with Ham Salad <b>SIDES</b> Peas OR Baked Beans Pasta OR Chips Crusty Bread  <b>DESSERT</b> Chocolate Muffin</p>
<p><b>WEEK THREE</b> Weeks beginning: November 16th 2015 December 7th 2015 January 11th 2016 February 1st 2016 February 29th 2016 March 21st 2016</p>	<p><b>MONDAY MAINS</b> Chilli Con Carne  Vegetable Shepherd's Pie  Sub Roll with Tuna &amp; Coleslaw <b>SIDES</b> Peas, Herby Potatoes, Crusty Bread  <b>DESSERT</b> Fruit Cocktail &amp; Custard</p>	<p><b>TUESDAY MAINS</b> Chicken &amp; Vegetable Pie  Cauliflower &amp; Broccoli Bake Sub Roll with Ham Salad  <b>SIDES</b> Mixed Vegetables, Pasta &amp; Crusty Bread  <b>DESSERT</b> Fruity Flapjack &amp; Custard</p>	<p><b>WEDNESDAY MAINS</b> Roast Chicken and Stuffing  Jacket Potato with Cheese Salad  Sub Roll with Egg and Tomato  <b>SIDES</b> Roast Potatoes OR Pasta Peas / Carrots Crusty Bread <b>DESSERT</b> Ice Cream</p>	<p><b>THURSDAY MAINS</b> Beef Lasagne  Jacket Potato with Beans  Sub Roll with Ham Salad  <b>SIDES</b> Green Beans, Boiled Potatoes &amp; Crusty Bread  <b>DESSERT</b> Pineapple Upside Down Cake &amp; Custard</p>	<p><b>FRIDAY MAINS</b> Fish Fingers  Vegetable Sausages Sub Roll with Warm Vegetables &amp; Cheese  <b>SIDES</b> Chips OR Pasta Peas OR Baked Beans Crusty Bread  <b>DESSERT</b> Cherry Muffin</p>

The second choice each day is suitable for vegetarians.

Fresh seasonal salad, fresh whole wheat bread and fresh drinking water are available daily.

Fresh fruit is available daily as an alternative to the dessert of the day.

All meats are high welfare.

All our fish is sustainable and approved by the Marine Stewardship Council (MSC).

For information regarding allergens please speak to Clare Hunt-Mayo, school cook.



# **School Lunch Menu WINTER**