

MENU – OCTOBER 2018

<b>WEEK 1</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Sausage roll served with mashed potatoes and beans	Chicken breast in gravy served with roast potatoes and vegetables	Beef lasagne served with garlic bread and side salad	Chicken korma served with rice and a tomato/ cucumber salsa salad and naan	Bubble salmon fillet served with diced potatoes, peas and sweetcorn with ketchup
Meat free sausage roll served with mashed potatoes and beans	Quorn fillet in gravy served with roast potatoes and vegetables	Roasted vegetable lasagne served with garlic bread and side salad	Chickpea and vegetable korma served with rice and a tomato/cucumber salsa salad and naan	Cheese and tomato power pizza served with diced potatoes, peas and sweetcorn with ketchup
*Jacket potato served with beans and side salad	*Jacket potato served with cheese and carrot/cucumber sticks	*Jacket potato served with tuna mayonnaise and side salad	*Jacket potato served with cheese and tomato/cucumber salsa salad	*Jacket potato served with beans and side salad
Cherry bakewell tart or Organic fruit yoghurt/fresh fruit	Peach slices and vanilla ice cream or Organic fruit yoghurt/fresh fruit	Chocolate muffin or Organic fruit yoghurt/fresh fruit	Muller fruit corner or Organic fruit yoghurt/fresh fruit	Apple crumble and custard or Organic fruit yoghurt/fresh fruit
<b>WEEK 2</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Chicken chunks served with rice, sweet and sour sauce and sweetcorn	Lincolnshire sausage served with mashed potatoes, peas and gravy	Tri coloured pasta bolognaise served with garlic bread and salad	Roast pork in gravy served with roast potatoes, carrots and stuffing	MSC Fish and chips served with baked beans
Quorn nuggets served with rice, sweet and sour sauce and sweetcorn	Meat free sausage served with mashed potatoes, peas and sweetcorn	Tri coloured pasta soya mince bolognaise served with garlic bread and salad	Broccoli and cauliflower bake served with roast potatoes and carrots	Vegetable rounds served with chips and baked beans
*Jacket potato served with cheese and side salad	*Jacket potato served with beans and side salad	*Jacket potato served with tuna mayonnaise and side salad	*Jacket potato served with cheese and carrot/cucumber sticks	*Jacket potato served with beans and side salad
Chocolate and vanilla swirl mousse or Organic fruit yoghurt/fresh fruit	Apple and strawberry pie and custard or Organic fruit yoghurt/fresh fruit	Blackcurrant jelly and squirty cream or Organic fruit yoghurt/fresh fruit	Jam cookie or Organic fruit yoghurt/fresh fruit	Fruit salad and ice cream or Organic fruit yoghurt/fresh fruit

Wholemeal bread provided on a daily basis

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<b>WEEK 3</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Chicken and vegetable casserole served with mashed potatoes	Cheese and tomato Power pizza served with wedges and baked beans	Roast beef in gravy served with roast potatoes, vegetables and Yorkshire pudding	Mild chilli con carne served with rice and sweetcorn	Chicken goujon wraps served with diced potatoes, salad and mayonnaise
Quorn and vegetable casserole served with mashed potatoes	Vegetable kiev served with wedges and baked beans	Meat free burger in gravy served with roast potatoes, vegetables and Yorkshire pudding	Tomato and basil pasta bake topped with cheese served with sweetcorn	Quorn dipper wraps served with diced potatoes, salad and mayonnaise
*Jacket potato served with cheese and side salad	*Jacket potato served with beans and side salad	*Jacket potato served with tuna mayonnaise and carrot/cucumber sticks	*Jacket potato served with cheese and side salad	*Jacket potato served with beans and side salad
Oaty flapjack or Organic fruit yoghurt/fresh fruit	Cherry crumble and squirty cream or Organic fruit yoghurt/fresh fruit	Oat and raisin cookie or Organic fruit yoghurt/fresh fruit	Pears and chocolate ice cream or Organic fruit yoghurt/fresh fruit	Lemon and chocolate marble cake or Organic fruit yoghurt/fresh fruit
<b>WEEK 4</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Chicken breast in gravy served with roast potatoes and vegetables	Meatballs in a rich and rustic tomato and basil sauce served with tri-coloured pasta and side salad	Savoury mince with mixed vegetables served with mashed potatoes and Yorkshire pudding	Chicken and mixed pepper fajitas served with vegetable rice	Salmon & sweet potato fish cake served with herby diced potatoes and baked beans
Quorn fillet in gravy served with roast potatoes and vegetables	Vegetarian meatballs in a rich and rustic tomato and basil sauce served with tri-coloured pasta and side salad	Savoury soya mince with mixed vegetables served with mashed potatoes and Yorkshire pudding	Vegetable fajitas served with vegetable rice	Omelette served with herby diced potatoes and baked beans
*Jacket potato served with cheese and side salad	*Jacket potato served with beans and side salad	*Jacket potato served with tuna mayonnaise and side salad	*Jacket potato served with cheese and carrot/cucumber sticks	*Jacket potato served with beans and side salad
Frozen toffee yoghurt ice cream or Organic fruit yoghurt/fresh fruit	Gingerbread or Organic fruit yoghurt/fresh fruit	Jam tart or Organic fruit yoghurt/fresh fruit	Peach crumble and custard or Organic fruit yoghurt/fresh fruit	Strawberry jelly with mandarins and ice cream or Organic fruit yoghurt/fresh fruit

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Menus run on a four-week revolving basis, changing twice a year, after the Easter Holidays and Autumn Half Term. The current menu as shown above will be available on the following dates.

<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
<b>Weeks commencing</b>	<b>Weeks commencing</b>	<b>Weeks commencing</b>	<b>Weeks commencing</b>
29 <sup>th</sup> October 2018	5 <sup>th</sup> November 2018	12 <sup>th</sup> November 2018	19 <sup>th</sup> November 2018
26 <sup>th</sup> November 2018	3 <sup>rd</sup> December 2018	<b>**10<sup>th</sup> December 2018</b>	<b>**17<sup>th</sup> December 2018</b>
7 <sup>th</sup> January 2019	14 <sup>th</sup> January 2019	21 <sup>st</sup> January 2019	28 <sup>th</sup> January 2019
04 <sup>th</sup> February 2019	11 <sup>th</sup> February 2019	25 <sup>th</sup> February 2019	04 <sup>th</sup> March 2019
11 <sup>th</sup> March 2019	18 <sup>th</sup> March 2019	25 <sup>th</sup> March 2019	01 <sup>st</sup> April 2019

\*Option not available at all schools.

\*\*These weeks will be subject to change due to Christmas dinners, and will be available from your school nearer the time.

**PLEASE NOTE:** The main option pudding for Wednesday the 31<sup>st</sup> October will be a Halloween Cupcake and on Friday the 9<sup>th</sup> November will be a Remembrance Day Cupcake.

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