



# Winter/Spring 2011/2012 menu

A selection of seasonal vegetables served daily, along with fresh wholemeal bread. Freshly prepared salad also available from our salad bar.

## Week one

31st October, 28th November, 2nd January, 30th January, 5th March

### MONDAY

Sweet and sour chicken with noodles OR Macaroni cheese (v)



Iced chocolate crunch with fruit juice

### TUESDAY

Shepherd's pie OR Margherita pizza and potato wedges (v)



Sticky toffee pudding with custard

### WEDNESDAY

Roast loin of pork OR Quorn sausage (v) with Yorkshire pudding and gravy with roast or parsley potatoes



Jelly with topping

### THURSDAY

Beef chilli con carne with rice OR Jacket potato with cheese or tuna (v)



Flapjack and custard

### FRIDAY

Breaded fish with tomato sauce OR Cowboy hotpot (v) with chunky chips or pasta



Ice cream with orange wedge

## Week Two

7th November, 5th December, 9th January, 6th February, 12th March

### MONDAY

Lasagne OR Margherita pizza (v) with baked potato



Melting moment with fruit juice

### TUESDAY

Roast chicken breast OR Quorn roast (v) with Yorkshire pudding and gravy with mashed potatoes



Chocolate sponge with orange and ice cream

### WEDNESDAY

Pork sausages in gravy and herby diced potatoes OR Mild veggie curry with naan and rice (v)



Fruit yogurt with crunchy toppings

### THURSDAY

Roast beef with Yorkshire pudding and gravy OR Veggie toad in the hole (v) with roast or parsley potatoes



Winter fruit crumble and custard

### FRIDAY

Breaded fish or salmon fillet with tomato sauce OR Tomato pasta bake (v) with pasta or chunky chips



Golden Krispie with milk

## Week Three

14th November, 12th December, 16th January, 20th February, 19th March

### MONDAY

Pasta Bolognese bake OR Vegetarian chilli with rice (v) with garlic bread



Syrup and sultana cookie with fruit juice

### TUESDAY

Chicken curry with naan bread OR Cheese and tomato pinwheels (v) with rice or sliced potatoes



Fruit cobbler with custard

### WEDNESDAY

Roast loin of pork OR Tasty bean bake (v) with Yorkshire pudding and gravy



Rice pudding with fruit topping

### THURSDAY

Savoury mince OR Margherita pizza (v) with potato wedges or mashed potatoes



Chocolate sponge and chocolate sauce

### FRIDAY

Breaded fish with tomato sauce OR Winter vegetable bake (v) with pasta or chunky chips



Fruit iced smoothie

## Week Four

21st November, 23rd January, 27th February, 26th March

### MONDAY

Homemade fish pie made with salmon OR Margherita pizza (v) with baked potato



Chocolate brownie

### TUESDAY

Toad in the hole OR Vegetable cobbler (v) with mashed potatoes



Jam sponge with custard

### WEDNESDAY

Turkey meatballs in tomato sauce or gravy OR Cheese and country bakes (v) with spaghetti or herby diced potatoes



Lemon shortbread with milk

### THURSDAY

Roast chicken OR Vegetarian meatballs (v) with Yorkshire pudding and gravy with roast or parsley potatoes



Spiced apple cake with custard

### FRIDAY

Breaded fish with tomato sauce OR Quorn burgers with chunky chips or pasta



Raspberry ripple roll