

# Autumn / Winter Menu 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>★ Fruit</p> <p>★ Vegetable Lasagne &amp; Garlic Bread ~ Flapjack</p> <p>★ Vegetable Sticks</p> <p>★ Potato Waffles &amp; Spaghetti Hoops ~ Fruit</p>	<p>★ Oatcakes and Cheese</p> <p>★ Roast Dinner ~ Yoghurt</p> <p>★ Fruit</p> <p>★ Assorted sandwiches &amp; Crudités ~ Fruit</p>	<p>★ Fruit</p> <p>★ Fish cakes, Mashed Potato, Peas &amp; Parsley Sauce ~ Bananas and Custard</p> <p>★ Vegetable Sticks</p> <p>★ Cheese &amp; Onion Pasties with Beans ~ Fruit</p>	<p>★ Malt Loaf</p> <p>★ BBQ Chicken Burrito and Rice ~ Fruit Salad</p> <p>★ Vegetable Sticks</p> <p>★ Mixed Wraps and Crudités ~ Fruit</p>	<p>★ Fruit</p> <p>★ Pork &amp; Apple Casserole ~ Lemon Sponge Cake</p> <p>★ Vegetable sticks</p> <p>★ Pasta Arrabiata ~ Fruit</p>
Week 2	<p>★ Rice Cakes</p> <p>★ Steamed fish, Mashed Potatoes and Vegetables ~ Peaches &amp; Cream</p> <p>★ Vegetable sticks</p> <p>★ Chicken Goujons &amp; Beans ~ Fruit</p>	<p>★ Fruit</p> <p>★ Chicken Supreme and rice ~ Cornflake Tart and Custard</p> <p>★ Fresh fruit</p> <p>★ Cheese &amp; Crackers with Crudités ~ Fruit</p>	<p>★ Fruit bread</p> <p>★ Spaghetti Bolognese ~ Melon &amp; Yoghurt</p> <p>★ Vegetable sticks</p> <p>★ Baked Potato with Tuna ~ Fruit</p>	<p>★ Fruit</p> <p>★ Roast Dinner ~ Pineapple Upside Down Cake</p> <p>★ Vegetable Sticks</p> <p>★ Assorted sandwiches &amp; Crudités ~ Fruit</p>	<p>★ Breadsticks &amp; Raisins</p> <p>★ Cottage Pie with Vegetables ~ Fruit Salad</p> <p>★ Fresh Fruit</p> <p>★ Crumpets with Spaghetti ~ Fruit</p>

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Week 3	★ Fruit ★ Sausage Casserole ~ Lemon Curd / Jam Tarts ★ Vegetable Sticks ★ Assorted Sandwiches & Crudités ~ Fruit	★ Malt Loaf ★ Chicken Balti ~ Yoghurt ★ Fresh Fruit ★ Tomato Soup with Bread Rolls ~ Fruit	★ Fruit ★ Roast Dinner ~ Cheesecake ★ Vegetable Sticks ★ Ham & Cheese Wraps ~ Fruit	★ Crackers with Cheese Spread ★ Cheesy Leek Pasta Bake ~ Fruit Salad ★ Fresh fruit ★ Spaghetti Hoops on Toast ~ Fruit	★ Fruit ★ Fishermans Pie ~ Shortbread ★ Vegetable Sticks ★ Cheese Muffins & Crudités ~ Fruit
Week 4	★ Muffins & Jam ★ Caribbean Vegetable Rice ~ Fruit Cobbler ★ Fresh fruit ★ Pizza Slices & Crudités ~ Fruit	★ Fruit ★ Spaghetti and Meatballs ~ Rice Pudding ★ Vegetable sticks ★ Jacket Potato with filling ~ Fruit	★ Fruit Bread ★ Toad in the Hole ~ Stewed Fruit & Custard ★ Fresh fruit ★ Cheese on Toast & Crudités ~ Fruit	★ Fruit ★ Beef Goulash ~ Lemon sponge ★ Vegetable Sticks ★ Savoury Rice ~ Fruit	★ Rice Cakes ★ Roast Dinner ~ Fruit and Yoghurt ★ Fresh Fruit ★ Assorted Sandwiches and Crudités ~ Fruit

This is our menu for the Autumn/Winter term however ingredients may change slightly, dependent on stock, ingredient availability, if the children show a disliking to a certain meal or due to allergies. Any changes can be seen on the weekly Facebook menu update or on the daily menu board in the entrance. If you have any ideas of meals we could try, please feel free to share this with us.