

Menu 2018-19 Autumn / Winter - Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast Buffet: A selection of wholegrain cereal, with milk / yoghurt, wholegrain toast with butter or spread, and a variety of toppings and fruit	Breakfast Buffet: A selection of wholegrain cereal, with milk / yoghurt, wholegrain toast with butter or spread, and a variety of toppings and fruit	Breakfast Buffet: A selection of wholegrain cereal, with milk / yoghurt, wholegrain toast with butter or spread, and a variety of toppings and fruit	Breakfast Buffet: A selection of wholegrain cereal, with milk / yoghurt, wholegrain toast with butter or spread, and a variety of toppings and fruit	Breakfast Buffet: A selection of wholegrain cereal, with milk / yoghurt, wholegrain toast with butter or spread, and a variety of toppings and fruit
Main Course	Spiced root and lentil casserole	Moroccan fish stew	Lamb hotpot	Creamy salmon and tomato wholemeal pasta	Chicken, lemon and pea risotto
Side Dish	Naan bread and yoghurt dip	Wholegrain vegetable rice	Mixed vegetables	Broccoli and spinach	Roasted courgette and peppers
Dessert	Fresh fruit	Semolina with banana and cinnamon	Blueberry and lemon slice	Stewed fruit and custard	Natural yoghurt with berries and shortbread crunch
Tea	Wholemeal ham and egg savoury wraps	Chunky cannellini bean and tomato soup with wholemeal roll	Herby pilchard pasta	Baked potatoes with beans and cheese	Red onion, pepper, egg and cheese tartlets
Dessert	Bananas and yoghurt	Pear and satsuma	Fromage frais with fruit sticks	Orange and plum	Kiwi and watermelon

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Main Course	Tuna and cheese pasta bake	Beef and butternut stew	Sardine Bolognese	Shepherds pie	Vegetable and lentil lasagne
Side Dish	Broccoli and spinach	Parsnip and potato mash with green veg	Sweetcorn, broccoli and grated carrot	Cauliflower and green beans	Salad
Dessert	Fresh fruit salad	Yoghurt, honey and banana	Apple and sultana oat muffins	Rice pudding with apricots and dried cranberries	Stewed apple and rhubarb with custard
Tea	Chicken, sweetcorn and potato salad	Tuna and chickpea couscous	Homemade Hawaiian pizza rounds with hams	Lentil soup with french bread	Ham and cheese wholemeal sandwiches
Dessert	Strawberry and apple	Pineapple and grapes	Melon wedges with yoghurt dip	Pear and satsuma	Banana, mango and papaya

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Menu 2018-19 Autumn / Winter - Week Three

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Main Course	Vegetable and lamb biryani	Mixed bean and root vegetable stew	Roast chicken with gravy	Salmon fish pie	Fruity chicken curry
Side Dish	Naan bread	Apricot and herb couscous	Roast potatoes, red cabbage and green beans	Carrots, peas and babycorn	Wholegrain vegetable rice
Dessert	Yoghurt with dates and prunes	Cocoa and beetroot cake with cocoa custard	Fresh fruit cocktail	Semolina with blackberry compote	Warm fruit with vanilla sauce
Tea	Chicken wraps and salad sticks	Ham and cheese toasted pitta with salad	Mushroom, courgette and tomato quiche	Tomato and chickpea pasta salad with cucumber sticks	Leek, potato and butterbean soup with a wholemeal roll
Dessert	Banana and melon	Kiwi and orange	Natural yoghurt with peach	Banana and oranges	Pineapple and pear

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Menu 2018-19 Autumn / Winter - Week Four

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Main Course	Mackerel and broccoli quiche	Chicken noodles	Mixed bean chilli	Pork and apple casserole	Fish pie with sweet potato topping
Side Dish	Green beans and diced carrots	Stir fry vegetables with beansprouts	Wholemeal savoury rice with vegetables	Roast potatoes and cabbage	Carrots, broccoli and cauliflower
Dessert	Fruit crumble and custard	Selection of mixed yoghurts	Spiced sweet potato cake	Fresh fruit cocktail	Rice pudding with apple and raisin
Tea	Ham, cheese and olive muffins	Jacket potato with cheese and tomatoes	Chicken and sweetcorn soup with french bread	Mixed bean pasta salad	Egg and cress wholemeal sandwich
Dessert	Pear slices with pineapple	Plums, peaches and blueberries	Fruit and yoghurt dip	Grapes, celery and apple	Banana and melon slices

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