

# NEW MENU 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## Week 1



SILVER

### DESIGN A GREAT BRITISH BANGER!

Competition winner Oliver Stakes 'St Barts Super Sausage' will be specially produced and served on a theme day during the cycle of this menu.



Crispy potato topped Cottage pie Minted potatoes Gravy Green Beans Winter medley of vegetables	Hearty Chicken Casserole With herby dumplings Creamed Potatoes Winter cabbage Fresh carrot batons	Meat balls in a homemade tasty tomato sauce Fluffy Rice Peas Cauliflower	Roast Turkey and Sage onion stuffing Gravy Roast Potatoes Broccoli Roasted parsnips	Battered fish Chips Baked Beans Sweetcorn
Vegetarian Chilli fajitas Minted potatoes Green beans Salad bar selection	Winter vegetable pasta bake in tomato sauce Half jacket potato Fresh carrot batons Salad bar selection	Quorn tikka masala Fluffy Rice Peas Cauliflower	Cheese and potato pie Farmhouse wedge Broccoli Salad bar selection	Vegetarian spaghetti bolognese Garlic slice Sweet corn Salad bar selection
Jacket potato served with prawns in a Marie Rose sauce Salad bar selection	Jacket potato served with Cheddar Cheese Salad bar selection	Jacket potato served with chicken mayonnaise Salad bar selection	Jacket potato served with a tuna and sweetcorn topping Salad bar selection	Jacket potato Served with creamy coleslaw and baked beans Salad bar selection
Pumpkin seed wedge	Wholemeal sliced bread	Naan bread	Onion topped loaf	Poppy seed baguette
Sticky fruit buns Chocolate crunch and chocolate sauce	Iced sponge Pear and apple crumble custard	Chocolate and vanilla swirls Rhubarb pie and custard	Jam sponge and custard <b>JESS Lemon Bakewell tart with fruit coulis</b>	Blueberry muffins Cheese and biscuits With red and green grapes

## Week 2

### WE CAN CATER FOR SPECIAL DIETS

Children who require a special diet should complete a medical diet school meals request form which is available from your school office.

Homemade Margherita Pizza Half jacket Potato Sweet corn Crudites	Roast gammon and pineapple Creamed potatoes Gravy Medley of seasonal vegetables Winter cabbage	Mild pork curry Savoury rice Peas Cauliflower	<b>MILLIES garlic chicken</b> <b>Crushed potatoes</b> <b>Green beans</b> <b>Sweetcorn</b>	Cod or salmon fish fingers with a lemon wedge Chips Baked Beans Peas
Roasted vegetable wrap with cheese Sweet corn Crudites	Tomato pasta bake Half jacket potato Medley of seasonal vegetables Salad bar selection	Macaroni cheese Half jacket potato Peas Salad bar selection	Vegetarian bites in a tasty homemade tomato sauce Mediterranean Rice Carrot and swede Salad bar selection	Quorn dippers served with tomato ketchup Chips Baked beans Peas
Jacket potato served with a mild vegetarian chilli Salad bar selection	Jacket potato served with tuna and mixed pepper mayonnaise Salad bar selection	Jacket potato served with coronation chicken Salad bar selection	Jacket potato served with cheddar cheese and red onion Salad bar selection	Jacket potato served with baked beans Salad bar selection
Crusty herb loaf	Wholemeal wedge	Naan bread	Focaccia bread	Soft bap
Jambo biscuit Eve's pudding and custard	Shortcake fingers Creamy rice pudding with fruit coulis	Jam roly poly custard Chocolate trifle	Ginger biscuits <b>JACOBS Apple and blackberry crumble and vanilla sauce</b>	<b>SAMS Banana cake</b> Fruity flapjack



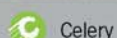
available daily!

## Week 3

Seasonal or local vegetables offered when available, fresh from the market.

Chicken fricassee Fluffy Rice Fresh carrot batons Broccoli florets	Roast pork and apple sauce Roast potatoes Winter greens Cauliflower	Traditional Chicken pie Gravy Creamed potatoes Green beans Medley of seasonal vegetables	Roast turkey and sage and onion Stuffing Gravy Minted potatoes Fresh carrot batons Peas	Farm assured Sausages served with tomato ketchup <b>R.C schools Fish goujons</b> Chips Baked beans Sweetcorn
Cheese flan Minted potatoes Fresh carrot batons Broccoli florets	Cauliflower & broccoli bake Jacket wedges Winter greens Salad bar selection	Winter Vegetable pie Creamed potatoes Green beans Medley of seasonal vegetables	Sweetcorn and red pepper Pizza Pasta spirals Peas Creamy coleslaw	Vegetarian hot dogs served with tomato sauce Chips Baked beans Sweetcorn
Jacket potato served with prawns in a Marie Rose sauce Salad bar selection	Jacket potato with Cheddar cheese Salad bar selection	Jacket potato served with a tasty bolognese sauce Salad bar selection	Jacket potato & creamy coleslaw and baked beans Salad bar selection	Jacket potato & tuna mayonnaise Salad bar selection
Beetroot bread	Tomato flat bread	Garlic bread	Oatie twist bread	Rustic farmhouse wedge
Home baked lemon cupcakes Apple crumble and custard	Freshly baked jam doughnuts <b>RC Schools Devonshire split</b> Cheese cake with fruits of the forest coulis	Fruit jelly and cream Chocolate sponge with chocolate sauce	Melon boats with orange twists Steamed treacle sponge and custard	Cherry shortbread Golden cracknel bar

● Mains ● Vegetarian



Celery



Crustaceans



Fish



Milk



Mustard



Peanuts



Soya



Cereals containing gluten



Eggs



Lupin



Moluscs



Nuts



Sesame seeds



Sulphur dioxide

Allergens correct at time of print, updates will be posted on the website, [www.schoolfoodsupportservice.co.uk](http://www.schoolfoodsupportservice.co.uk)

