



Menu 2019

Date		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Arrabiata pasta and mixed vegetables.	Chicken curry, rice and warm naan bread	Sausages, mashed potato, peas and carrots served with gravy	Winter vegetable lasagne and garlic bread.	Pizza, beans and chips
	Veggie/vegan	N/A	Veg curry, rice and warm naan bread	Veggie sausages, mashed potato, peas and carrots served with gravy	Vegan Vegetable Lasagne and garlic bread	Vegan Pizza and Chips
	Dessert	Fruit Salad	Homemade apple crumble and custard./ vegan custard	Rice Pudding / Rice pudding made with coconut milk	Iced sponge cakes	Yoghurt /Vegan Yoghurt
Week 2	Main	Tuna Pasta and Sweetcorn	Shepherd's Pie with winter vegetables	Chicken, peppers and rice.	Pasta beef Bolognese with Garlic bread	Jacket Potatoes with Beans ,cheese and Tuna
	Veggie/vegan	Tomato Pasta Bake and sweetcorn	Quorn Shepherd's pie with sliced potato topping and winter vegetable	Quorn pieces, peppers and Rice	Vegan Quorn Lasagne with Garlic bread	Jacket potatoes with beans and vegan cheese
	Dessert	Cranberry flap jack	Stewed Apples and custard / vegan custard	Homemade sultana sponge and custard / vegan custard	Rice Cakes /Free from Chocolate rice cakes	Fruit salad
Week 3	Main	Macaroni Cheese and sweetcorn.	Sausage casserole, New potatoes. Mixed vegetables	Beef stew, carrots and runner beans.	Turkey Pie with Cauliflower & Broccoli	Fish fingers, Chips and beans.
	Veggie/Vegan	Vegan Macaroni cheese and Sweetcorn	Vegan Sausage casserole, New potatoes. Mixed vegetables	Quorn Stew, carrots and runner beans	Quorn Piece with gluten free pastry Cauliflower & Broccoli	Veggie Burgers, chips and beans
	Dessert	Fromage Frais / vegan yoghurt	Fruit jelly	Iced Sponge	Ice cream / Vegan Ice cream	Fruit salad
Week 4	Main	Pasta with mixed vegetables	Mince Beef Chilli with Rice	Turkey pie with vegetables	Roast chicken, stuffing with new Potatoes and mixed veg	Pizza, Potato Wedges and beans.
	Veggie/vegan	N/A	Quorn Chilli with Rice	Quorn Piece with gluten free pastry Cauliflower & Broccoli	Quorn fillet, stuffing with new Potatoes and mixed veg	Vegan Pizza, Chips and beans
	Dessert	Dried fruit Shortbread	Yoghurt/ vegan yoghurt	Jam Tart / Jam tart with gluten free pastry	Rice Pudding /Rice pudding made with coconut milk	Homemade apple pie and ice cream / gluten free pastry & vegan ice cream.