

Jacket Potato

Vegetable and Rear

## Matumn/Winter 2020/2021 Menu



salads served as an accompaniment with

to achieving their 5 A DAY

Falafel in a Soft Tortilla

Sweet Potato and Chick Pea

Wednesday Friday Monday Tuesday Thursday - allergy aware LAT FR USA WEEK 1 - 02/11/2020, 23/11/2020, 14/12/2020, 18/01/2021, 08/02/2021, 08/03/2021, 29/03/2021 Look out for the VE symbol on our menu for some tasty vegan options. Beef Burger in a Bap Fish Fingers with Tomato 🟸 Cajun Chicken in Tomato Cheese and Tomato **Bangers and Mash** with Tomato Relish Ketchup and Chips Pizza with Potato Salad Sauce with Rice and Potato Wedges Creamy Vegetables with Jacket Potato. New York Style Pasta Butterbean Bubble and Mushroom and Cheese Sage and Onion Crumble E m Cheese and Beans (Tomato & Herb Pasta) Squeak with Gravy V Quiche with Chips **Topping and Roast Potatoes** Green Beans and Organic Carrots and Broccoli and Garden Peas Cabbage and Sweetcorn **Roasted Parsnips** and Baked Beans Cauliflower **Roasted Vegetables** Fresh Fruit Fresh Fruit **Fresh Fruit** Chocolate and Beetroot 🍯 Big Apple Pie Brownie and Yoghurt and Custard and Yoghurt and Yoghurt ENT FRE BRITISH WEEK 2 - 09/11/2020, 30/11/2020, 04/01/2021, 25/01/2021, 22/02/2021, 15/03/2021 Roast Beef **Fish Fingers** BBQ Chicken with Tomato Ketchup with Roast Potatoes Macaroni Cheese Cottage Pie with Rice and Chips and Gravy **Cauliflower Cheese** 🎢 Sag Aloo (Spinach, Cheese and Tomato Quiche 🗡 Mixed Bean Wrap Vegetable and Potato Croquette with Roast potato and lentil curry) with Chips with New Potatoes Hot Pot Ve Potatoes with Rice and Naan Bread Ve extra half portion of Cauliflower and **Organic Carrots** Garden Peas Sweetcorn and Broccoli Courgettes and Green Beans Green Beans and Cabbage and Baked Beans Organic Carrot and Fresh Fruit Fresh Fruit **Fresh Fruit** 🔰 🍯 Toffee, Apple and Banana Courgette Cake and Yoghurt and Yoghurt and Yoghurt Crumble and Custard with Custard MEXICAN WEEK 3 - 16/11/2020, 07/12/2020, 11/01/2021, 01/02/2021, 01/03/2021, 22/03/2021 Minced Beef Pie Fish Fingers **or** Salmon Cheesy Courgette Sausages Chicken Fajita Wrap Fish Fingers with Tomato with Creamy Mashed 🎢 Pasta Bolognaise and Half Jacket Potato with Mexican Rice Ketchup and Chips Potatoes

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|------------------------------------------|-------------------------------|--------------------------|----------------------------|------------------------------------|
| Served Daily                             | Freshly Baked Bread           | Seasonal Vegetables/Sala | ads Fresh Fruit            | EasiYo Yoghurt                     |
| Fresh Fruit<br>and Yoghurt               | Fresh Fruit<br>and Yoghurt    | Strawberry Mousse        | Fresh Fruit<br>and Yoghurt | Pineapple Cake<br>with Custard     |
| BBQ Beans or<br>Organic Crunchy Coleslaw | Courgettes and<br>Green Beans | Garden Peas and Carrots  | Sweetcorn and Broccoli     | Garden Peas<br>and Baked Beans     |
| or Cheese                                | Stew with Rice VE             | Snepherdess Pie          | Curry with Rice            | with Lemon Mayonnaise<br>and Chips |