

Winter menu 2018 - School Menu 3

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Snack	Apples and bananas	Snack	Garlic bread Fresh Fruit	Snack	Bagel Fresh Fruit	Snack	Naan bread Fresh Fruit	Snack	Digestives Fresh Fruit
MEAT FREE Rainbow pasta with tomato or cheese sauce		Crunchy herb breaded chicken		Roast gammon, Yorkshire pudding, rich gravy.		Sweet and sour pork		Fish finger sandwich	
		Vegetable parcels		Autumn vegetable loaf		Baked Mexican wrap		Veg nuggets in a tortilla wrap	
Hot Sweetcorn Salad bar		Mashed potato Green beans Fresh cauliflower Salad bar		Roast potatoes Fresh carrots Honey roast parsnips		Rice Broccoli Salad bar		Chips Peas Salad bar	
Jacket potato Beans		Jacket potato Cheese				Jacket potato Tuna mayonnaise		Jacket potato Beans	
Iced fruit smoothie Selection of yoghurt Fresh fruit		Zingy orange jelly Selection of yoghurt Fresh fruit		Fruit pots Selection of yoghurt Fresh fruit		Chocolate fairy cakes Selection of yoghurt Fresh fruit		Pineapple upside down cake Selection of yoghurt Fresh fruit	