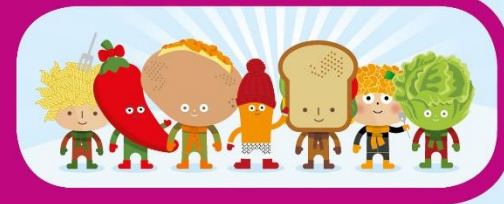


# WINTER/SPRING MENU 2017/18



## Meat Free Monday

## Traditional Tuesday

## World Food Wednesday

## Thursday Favourites

## Fish Friday

### Week 1

Cheese Whirl with  
Homemade Tomato Sauce  
Hot Filled Tortilla Boat  
Vegetarian Bolognaise  
Chips / Broccoli  
Mixed Vegetables  
Tutti Fruitti Yoghurt

Baked Sausages, Yorkshire  
Pudding & Onion Gravy  
Spanish Omelette  
Tomato & Herb Pasta  
Mashed Potatoes  
Cabbage & Carrots  
Chocolate & Mandarin Dessert

Sweet Chilli Chicken  
Chickpea & Tomato Curry  
Jacket Potato Selection  
Sunshine Vegetable Rice  
Mini Corn on the Cob  
Parsnip & Apple Sponge  
with Custard

Homemade Lamb Curry  
Cheese & Potato Bake  
Bolognaise Pasta  
Brown Rice/Naan Bread  
Beetroot & Carrots  
Mixed Vegetables  
Fruit Salad & Mango Frozen  
Yoghurt

Fish Fingers  
Veggie Balls & Gravy  
Pizza Wrap  
Mashed Potatoes  
Garden Peas  
Jelly & Fruit

### Week 2

Homemade Pizza Slices  
Quorn & Vegetable Casserole  
Jacket Potato Selection  
Mashed Potatoes  
Garden Peas & Sweetcorn  
Fruit Salad with Strawberry  
Yoghurt

Roast Dinner & Gravy  
Quorn Sausages & Gravy  
Tomato & Herb Pasta  
Roast & Creamed Potatoes  
Carrot & Swede or Broccoli  
Chocolate & Pear Sponge  
with Custard

Your Favourite Chicken Curry  
Veggie Balls in Homemade  
Tomato Sauce  
Jacket Potato Selection  
Sunshine Rice / Broccoli  
Cheese & Crackers with Apple  
& Cucumber Sticks

Lamb Bolognaise  
Veggie Chilli con Carne  
Hot Filled Tortilla Boats  
Wholemeal Spaghetti  
Brown Rice/Green Beans  
Fruit Dessert Selection

Fish Goujons  
Vegetable Pasta Bake  
Jacket Potato Selection  
Chipped Potatoes, Peas  
Carrot & Pineapple Blondie

### Week 3

Homemade Pizza Slices  
Veggie Chilli con Carne  
Tomato & Herb Pasta  
Baked Jacket Wedges  
Mini Corn on the Cob  
Fruit Salad & Ice Cream

Cottage Pie  
Mac 'n' Cheese  
Jacket Potato Selection  
Sliced Baguette  
Carrots  
Cheese & Crackers with  
Carrot & Cucumber Sticks

Homemade Chicken Curry  
Vegetarian Sausage Roll  
& Tomato Sauce  
Tomato & Mascarpone Pasta  
Rice or Naan Bread  
Mixed Vegetables or Green Beans  
Oat Crunchie with Fruit Slices

Chilli con Carne  
Spanish Omelette  
Jacket Potato Selection  
Baked Jacket Wedges  
Broccoli /Sweetcorn  
Fruit Dessert Selection

Salmon & Sweet Potato  
Fishcake  
Quorn Sausage & Bean Hotpot  
Pizza Wrap  
Mashed Potatoes  
Carrots & Garden Peas  
Chocolate & Beetroot Muffins

The Fresh Fayre Gang - making your school dinners taste great!

Oswald Road