



COOK'S CHOICE, PASTA POINT AND SPUD SPOT

WINTER/SPRING MENU 2015/16

WEEK 1

cook's choice

Meat-Free Monday

Quorn and Vegetable Pie, Roast Potatoes and Mixed Vegetables

Tuesday

Winter Lamb with Dumplings, Sliced Wholemeal Baguette, Carrot and Swede Mash

Wednesday

Baked Sausage and Onion Gravy, Creamed Potatoes and Cabbage

Thursday

Tandoori Chicken Drumstick, Brown Rice and Sweetcorn

Friday

Tempura Battered Fish Fillet Chips and Mushy Peas

vegetarian

Monday

Quorn and Vegetable Pie, Roast Potatoes and Mixed Vegetables

Tuesday

Winter Quorn with Dumplings

Served with accompaniments from the Cook's Choice menu

halal

Monday

Quorn and Vegetable Pie

Tuesday

Halal Winter Lamb with Dumplings

Wednesday

Tomato, Pepper and Mozzarella Sausage

Thursday

Tandoori Quorn

Friday

Cheese Omelette

Wednesday

Halal Baked Sausage and Onion Gravy

Thursday

Halal Tandoori Chicken Drumstick

Friday

Tempura Battered Fish

spud spot

Meat-Free Monday

Salmon and Tuna Mayonnaise, or any everyday choice

Tuesday

BBQ Beans, or any everyday choice

Wednesday

Loaded Skins, or any everyday choice

Thursday

Winterslaw, or any everyday choice

Friday

Shepherd's Pie Potato, or any everyday choice

Everyday choices

Homemade Coleslaw, Baked Beans, Cheddar Cheese or Tuna Mayonnaise

pasta point

Monday

Pizza Wrap with Sweetcorn Salsa

Tuesday

Pasta Spirals with Tomato and Herb Sauce and Wholemeal Crusty Bread

Wednesday

Pasta Shells with Neapolitan Sauce and Dough Balls

Thursday

Wholemeal Spaghetti with Italian Sauce with Garlic-Flavoured Bread

Friday

Pasta Bow Ties with Arrabiata Sauce and Naan Bread

second course

Fresh fruit and yoghurt available every day

Monday

Rice Pudding or Custard with Bananas or Flapjack

Tuesday

Courgette Muffin

Wednesday

Apple and Cinnamon Swirl or Jam Button

Thursday

Savoury Scone or Peach Melba

Friday

Pear and Ginger Sponge with Custard

WEEK 2

cook's choice

Meat-Free Monday

Homemade Margherita Pizza, Sauté Potatoes and Baked Beans

Tuesday

Beef Bolognese, Wholemeal Spaghetti and Broccoli

Wednesday

Turkey and Spinach Curry, Sunshine Rice and Mixed Vegetables

Thursday

Lamb and Vegetable Pie and Gravy, Boiled Potatoes, Carrot and Swede Mash

Friday

Salmon Fish Finger and Tomato Dip, Chips and Garden Peas

vegetarian

Monday

Homemade Margherita Pizza, Sauté Potatoes and Baked Beans

Tuesday

Quorn Bolognese

Served with accompaniments from the Cook's Choice menu

halal

Monday

Homemade Margherita Pizza

Tuesday

Halal Lamb Bolognese

Wednesday

Quorn and Vegetable Curry

Thursday

Quorn and Vegetable Pie with Gravy

Friday

Vegetable Frittata

Wednesday

Halal Chicken and Spinach Curry

Thursday

Halal Lamb and Vegetable Pie

Friday

Salmon Fish Finger

spud spot

Meat-Free Monday

Apple and Sultana Coleslaw, or any everyday choice

Tuesday

Quorn Bolognese, or any everyday choice

Wednesday

Quorn and Vegetable Curry, or any everyday choice

Thursday

Tuna Savoury, or any everyday choice

Friday

BBQ Beans, or any everyday choice

Everyday choices

Homemade Coleslaw, Baked Beans, Cheddar Cheese or Tuna Mayonnaise

pasta point

Monday

Pasta Spirals with Tomato and Basil Sauce and Garlic-Flavoured Bread

Tuesday

Pasta Tubes with Neapolitan Sauce and Dough Balls

Wednesday

Cheese and Potato Quesadilla with Coleslaw

Thursday

Pasta Shells with Tomato and Mascarpone Sauce and Wholemeal Crusty Bread

Friday

Macaroni with Cheese Sauce or Bolognese Sauce and Tomato-Flavoured Bread

second course

Fresh fruit and yoghurt available every day

Monday

Fruit Yoghurt Crunch or Orange Cookie

Tuesday

Parsnip and Apple Cake with Yoghurt Frosting

Wednesday

Sweet Chilli Scone or Rice Crispie Crunch

Thursday

Winter Sponge Pudding with Custard

Friday

Jelly and Fruit

WEEK 3

cook's choice

Meat-Free Monday

Cheese and Egg Flan, Sauté Potatoes and Baked Beans

Tuesday

Sausage Casserole, Creamed Potatoes and Broccoli

Wednesday

Southern Style Chicken Drumstick, Baked Jacket Wedges, Peas and Carrots

Thursday

Beef Lasagne, Wholemeal Crusty Bread and Sweetcorn

Friday

Baked Lemon and Herb Hoki, Roast Potatoes and Mixed Vegetables

vegetarian

Monday

Cheese and Egg Flan, Sauté Potatoes and Baked Beans

Tuesday

Quorn Sausage Casserole

Wednesday

Southern Style Quorn

Thursday

Vegetable Lasagne

Friday

Cheese Omelette

Served with accompaniments from the Cook's Choice menu

halal

Monday

Cheese and Egg Flan

Tuesday

Halal Sausage Casserole

Wednesday

Halal Southern Style Chicken Drumstick

Thursday

Halal Lamb Lasagne

Friday

Baked Lemon and Herb Hoki

spud spot

Meat-Free Monday

Loaded Skins, or everyday choice

Tuesday

BBQ Beans, or any everyday choice

Wednesday

Salmon and Tuna Mayonnaise, or any everyday choice

Thursday

Shepherd's Pie Potato, or any everyday choice

Friday

Winterslaw, or any everyday choice

Everyday choices

Homemade Coleslaw, Baked Beans, Cheddar Cheese or Tuna Mayonnaise

pasta point

Monday

Pasta Tubes with Arrabiata Sauce and Sliced Baguette

Tuesday

Vegetable Pasta Bake and Tomato-Flavoured Bread

Wednesday

Pasta Shells with Bolognese Sauce and Dough Balls

Thursday

Spaghetti with Tomato and Herb Sauce and Wholemeal Crusty Bread

Friday

Pasta Bow Ties with Tomato and Mascarpone Sauce and Garlic-Flavoured Bread

second course

Fresh fruit and yoghurt available every day

Monday

Winter Fruit Crunch or Fruity Cookie

Tuesday

Iced Finger

Wednesday

Syrup Sponge and Custard

Thursday

Cream Cheese Dipper

or Oat Crunchie with Fruit Slices

Friday

Orange and Sultana Traybake

WEEK 4

cook's choice

Meat-Free Monday

Homemade Vegetable Supreme Pizza, Baked Jacket Wedges and Mini Corn on the Cob

Tuesday

Roast Chicken Fillet and Gravy, Roast Potatoes, Cabbage and Carrots

Wednesday

Lamb Balti, Brown Rice and Broccoli

Thursday

Cottage Pie, Sliced Baguette and Mixed Vegetables

Friday

Salmon Swirl, Sauté Potatoes and Garden Peas

vegetarian

Monday

Homemade Vegetable Pizza, Baked Jacket Wedges and Mini Corn on the Cob

Tuesday

Quorn Slices and Gravy

Wednesday

Quorn and Vegetable Balti

Thursday

Quorn Cottage Pie

Friday

Cheese Whirl

Served with accompaniments from the Cook's Choice menu

halal

Monday

Homemade Vegetable Supreme Pizza

Tuesday

Halal Roast Chicken Fillet

Wednesday

Halal Lamb Balti

Thursday

Halal Lamb Cottage Pie

Friday

Tempura Battered Fish Fillet

spud spot

Meat-Free Monday

Coronation Tuna, or any everyday choice

Tuesday

Homemade Apple Coleslaw, or any everyday choice

or any everyday choice

Wednesday

Quorn and Vegetable Balti, or any everyday choice

Thursday

BBQ Beans, or any everyday choice

Friday

Loaded Skins, or everyday choice

Everyday choices

Homemade Coleslaw, Baked Beans, Cheddar Cheese or Tuna Mayonnaise

pasta point

Monday

Pasta Spirals with Italian Sauce and Dough Balls

Tuesday

Pasta Tubes with Tomato and Basil Sauce and Sliced Baguette

Wednesday

Vegetable Pasta Bake and Tomato-Flavoured Bread

Thursday

Wholemeal Spaghetti with Neapolitan Sauce with Garlic-Flavoured Bread

Friday

Pasta Bow Ties with Bolognese Sauce and Naan Bread

second course

Fresh fruit and yoghurt available every day

Monday

Frozen Yoghurt Fruit Sundae

Tuesday

Chocolate and Vanilla Marble Sponge and Chocolate Sauce

Wednesday

Savoury Muffin or Ginger and Orange Biscuit with Fruit Slices

Thursday

Iced Banana Loaf

Friday

Apple and Pear Enchilada with Custard or Shortbread Finger

