

Autumn Menu 2018 -19 week 1		Monday <small>(meat free)</small>	Tuesday	Wednesday	Thursday	Friday	
Main Choice	Homemade Cheese & Tomato Pizza <small>served with jacket wedges</small>	Homemade Beef & Onion Herby Meat Balls <small>served with sweet potatoes mash</small>	Roast Chicken Thigh <small>served with sage & onion stuffing and gravy</small>	Homemade Lamb Shepherd Pie <small>served with gravy</small>	MSC Fish Finger or Sausages <small>with chips & homemade tomato sauce</small>	<small>Milk & dairy daily every day</small>	
Vegetarian Choice	Hungry Guys & Girls Burger <small>served in a bun with tomato relish</small>	Vegetarian Bolognaise <small>served with wholemeal spaghetti</small>	Red lentil loaf <small>served with gravy</small>	Butternut chilli <small>served with rice</small>	Jacket Potato <small>served with a choice of fillings</small>	<small>Starch food in fat no more than twice</small>	
Alternative Choice	Jacket Potato <small>served with a choice of fillings</small>	MSC Tuna Fish Pasta Bake <small>topped with a herby crust</small>	Glamorgan Sausage <small>served with mashed potatoes</small>	Homemade Cheese & Broccoli Quiche <small>served with 1/2 jacket potato</small>	Macaroni Cheese	<small>meat/poultry 3 times week</small>	
Sides	Oven Baked Jacket Wedges	Sweet Potato Mash Wholemeal Spaghetti	Roast Potatoes Mashed Potatoes	1/2 Jacket Potato	Chips	<small>Minced meat/ poultry 3 times week</small>	
Vegetables	Coleslaw Garden peas	Sweetcorn Broccoli	Cabbage Cauliflower	Organic Baton Carrots Green Beans	Baked Beans Peas	<small>Deep fried no more than 2 a week</small>	
Salads	Unlimited Salad Bar Selection	Unlimited Salad Bar Selection	Unlimited Salad Bar Selection	Unlimited Salad Bar Selection	Unlimited Salad Bar Selection	<small>oily fish every 3 weeks</small>	
Desserts	Banana Brownie and Custard	Orange Drizzle Cake <small>served with Greek yoghurt.</small>	Apple & Apricot Crumble Tart <small>crumble & fruit topped pastry served with custard</small>	Mango & Coconut Sponge <small>Served with custard</small>	Fruit Jelly Pot	<small>pastry twice week only</small>	
DAILY							
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Bread	Organic Homemade Cheesy Bread	Organic Homemade Tomato Bread	Organic Homemade Bread Roll Section	Organic Wholemeal Bread	Organic French Stick	<small>50% fruit pudding twice</small>	

Autumn Menu 2018-19 week 2		Monday <small>(meat free)</small>	Tuesday	Wednesday	Thursday	Friday		
Main Choice	Mac'n' Cheese Slice	Hot & Kicking Chicken served in a bap & coleslaw	Savoury Beef in a Yorkshire Pudding served with gravy	Homemade Chicken Korma served with fluffy wholemeal rice & naan bread	Oven Baked MSC Breaded Fish served with Lemon			Meat & dairy daily
Vegetarian Choice	Vegetarian Chili <small>served with rice</small>	Quorn Dippers with tomato sauce	Vegetable Wellington <small>served with gravy</small>	Baked Courgette Fritter served with a yoghurt dip	Cheese & Sweetcorn Frittata served with tomato sauce			Starch food in fat no more than twice
Alternative Choice	Jacket Potato <small>served with a choice of fillings</small>	Hot Baguette filled with melting cheese & served with coleslaw	Quorn Sausages Casserole with Beans served with mashed potatoes	Jacket Potato served with a choice of fillings	Vegetable Lasagne cooked in a creamy sauce			meat/poultry 3 times week
Sides	Mixed Rice	Sweet Potato Wedges	Roast Potatoes Mashed Potatoes	Fluffy Rice	Chips			Meat & dairy daily no more than 2 a week
Vegetables	Organic Baton Carrots Sweetcorn	Coleslaw Corn on the Cob	Cauliflower Cheese Garden Peas	Roasted seasonal Vegetable Grilled 1/2 tomatoes	Spiced Courgette Batons Baked Beans			Deep fried no more than 2 a week
Salads	Unlimited Salad Bar Selection	Unlimited Salad Bar Selection	Unlimited Salad Bar Selection	Unlimited Salad Bar Selection	Unlimited Salad Bar Selection			oily fish every 3 weeks
Desserts	Apple & Pear Pie <small>served with custard</small>	Creamy Hot Rice Pudding served with sultanas	Rhubarb & Custard Cake served with custard	Warm Mandarin Pancake served with ice cream scoop	Peach Melba Sponge served with custard			Pastry twice week only
DAILY								
DAILY								
Bread	Organic Cusky Homemade Bread	Organic Homemade Focaccia Bread with Fresh Herbs	Organic Homemade Herby Bread	Naan Bread	Organic Homemade Garlic Bread Slice			50% fruit pudding twice