



Primary school autumn/winter menu 2011



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 5 th Sept, 26 th Sept, 17 th Oct, 7 th Nov, 28 th Nov, 19 th Dec, 9 th Jan, 30 th Jan	Home made mascarpone pasta (v) Oven baked haddock grill Filled jacket potato Oven baked potato balls Home made garlic bread Country vegetables Sweetcorn Fresh fruit Fruit yoghurt Gingerbread biscuit	Home made chicken curry Vegetarian pizza (v) Pepperoni pizza Filled jacket potato Boiled long grain rice Oven baked jacket wedges Garden peas Coleslaw Fresh fruit Vanilla ice cream Crackers with cheese	Home made bolognaise or Lasagne Oven baked chicken fillet Filled jacket potato (v) Pasta spirals Herby diced potatoes Carrot Fresh cauliflower Fresh fruit Fruit yoghurt Jam tart	Oven baked turkey Home made pasta bake Filled jacket potato Creamed potatoes Roast potatoes Carrot & swede Gravy Fresh fruit Oven baked jam donut Crackers with cheese	Welsh pork sausage with gravy Oven baked fish fingers Home made cheese flan (v) Filled jacket potato Chunky chipped potatoes Creamed potatoes Tomato sauce Garden or mushy peas Baked beans Fresh fruit Fruit yoghurt Sponge finger

Week 2 12 th Sept, 3 rd Oct, 24 th Oct 14 th Nov, 5 th Dec, 26 th Dec, 16 th Jan, 6 th Feb	Home made cheese slice Pork meat balls with home made tomato sauce Filled jacket potato (v) Egg noodles Oven baked potato balls Garden peas Baked beans Fresh fruit Fruit yoghurt Chocolate Cookie	Home made cottage pie Filled panini (v) Oven baked salmon nibbles Filled jacket potato Oven baked jacket wedges Creamed potatoes Fresh broccoli Carrots Fresh fruit Flavoured mousse Crackers with cheese	Vegetarian pizza (v) Pepperoni pizza Home made pasta bake Filled jacket potato Home made garlic bread Herby diced potatoes Sweetcorn Garden peas Fresh fruit Fruit yoghurt Lemon sponge finger	Roast turkey with stuffing Home made minced beef pie Veggie nuggets Filled jacket potato Roast potatoes Creamed potatoes Fresh cabbage Carrots Gravy Fresh fruit Vanilla ice cream Crackers with cheese	Oven baked chicken chunks Oven baked fish fingers Filled jacket potato (v) Chunky chips 1/2 jacket potato Tomato sauce Garden peas or mushy peas Baked beans Fresh fruit Fruit yoghurt Gingerbread biscuit

Week 3 19 th Sept, 10 th Oct, 31 st Oct 21 st Nov, 12 th Dec, 2 nd Jan, 23 rd Jan, 13 th Feb	Minced beef with yorkshire pudding Home made pasta carbonara (v) with garlic bread Filled jacket potato Croquette Potatoes Creamed potatoes Country vegetables Gravy Fresh fruit Fruit yoghurt Flapjack	Oven baked sausage roll Home made vegetable lasagne with harvester baguette Filled jacket potato Sauté potatoes Garden peas Sweetcorn Fresh fruit Fruit ice cream Crackers with cheese	All day breakfast Sausage, bacon & scrambled egg Filled jacket potato (v) Hash brown Bread Roll Baked beans Side salad Fresh fruit Fruit yoghurt Chocolate & orange sponge finger	Oven baked gammon Chicken wrap with salad Filled jacket potato Creamed potatoes Roast potatoes Fresh broccoli Coleslaw Fresh fruit Flavoured mousse Crackers with cheese	Beef burger Oven baked tempura battered fish Home made cheese flan (v) Filled jacket potato Chunky chips 1/2 Jacket potato Tomato sauce Baked beans Garden or mushy peas Fresh fruit Fruit yoghurt Plain cookie

Unlimited bread and unlimited fresh salad, a beaker of fruit juice, fresh milk or drinking water available daily