

| DAILY CHOICES | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY                                     | FRIDAY   |
|---------------|---|---|---|--|--|
| SANDWICHES    |   | Tuna Mayonnaise Sandwiches                              |   | Egg Mayonnaise Sandwiches (v)                |  |
| MAIN MEALS    | Butchers Pork Sausages<br>Or<br>Linda McCartney Sausage (v)<br>Or<br>Tomato Pasta (v) | Beef Lasagne<br>Or<br>Baked Potato with Baked Beans (v) | Gluten Free Bubble Fish Fillet<br>Or<br>Chicken Fajitas<br>Or<br>Cauliflower Cheese (v) | Chicken Korma<br>Or<br>Singapore Noodles (v) | Stuffed Crust Cheese & Tomato Pizza (v)<br>Or<br>Vegetable Risotto (v) |
| CARBOHYDRATE  | Mashed Potatoes   | Garlic Bread  | Boiled Potatoes   | Rice   | Potato Wedges  |
| VEGETABLES    | Baked Beans<br>Or<br>Mixed Vegetables   | Broccoli<br>Or<br>Carrots                               | Peas<br>Or<br>Beetroot  | Sweetcorn<br>Or<br>Broccoli & Cauliflower    | Coleslaw<br>Or<br>Green Beans  |
| DESSERTS      | Seasonal Fruit Crumble and Custard  | Chocolate Saucy Sponge with Custard                     | Pudding Free  | Lentil Soup                                  | Oat Cookie   |

# Winter 2019

Weeks Beginning: 4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec, 20<sup>th</sup> Jan, 10<sup>th</sup> Feb, 2<sup>nd</sup> March, 23<sup>rd</sup> March

| DAILY CHOICES | MONDAY                              | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---------------|-------------------------------------|---|---|---|--|
| SANDWICHES    |                                     | Ham Sandwiches  |   | Tuna Mayonnaise Sandwiches                                |  |
| MAIN MEALS    | Macaroni Cheese (v)<br>Or<br>Chilli | Roast Chicken with Mealie<br>Or<br>Quorn Toad in the Hole (v) | Cheese Panini (v)<br>Or<br>Chicken Curry          | Steak Pie<br>Or<br>4 Cheese Ravioli with Tomato Sauce (v) | Crispy Battered Cod Fillet<br>Or<br>Herbie Spaghetti (v) |
| CARBOHYDRATE  | Rice                                | Roast Potatoes  | Rice  | Mashed Potatoes   | Chips  |
| VEGETABLES    | Peas<br>Or<br>Sweetcorn             | Diced Mixed Vegetables<br>Or<br>Baked Beans                   | Coleslaw<br>Or<br>Carrot/Cauliflower/<br>Broccoli | Sweetcorn<br>Or<br>Carrots                                | Peas<br>Or<br>Beetroot                                   |
| DESSERTS      | Angel Whirl                         | Yellow Pea Soup   | Pudding Free                                      | Custard with Fruit  | Iced Sponge and Custard                                  |

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| DAILY CHOICES | MONDAY   | TUESDAY                              | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---------------|--|--------------------------------------|---|---|--|
| SANDWICHES    |  | Cheese Sandwiches (v)                |   | Tuna Mayonnaise Sandwiches                                      |  |
| MAIN MEALS    | Organic Pork Meatballs with Gravy Or Korma Pasta (v) | Chicken Pie Or Vegetable Nuggets (v) | Gluten Free Salmon Fish Fingers Or Oriental Chicken Noodles Or Baked Potato with Cheese (v) | Traditional Mince with Yorkshire Pudding Or Broccoli Cheese (v) | Turkey Burger with Optional Bun Or Vegetable Burger (v) with Optional Bun Or Stovies |
| CARBOHYDRATE  | Mashed Potatoes                                      | Potato Croquettes                    | Spaghetti Hoops   | Mashed Potatoes   | Pasta Salad  |
| VEGETABLES    | Carrots Or Peas                                      | Green Beans Or Coleslaw              | Broccoli Or Sweetcorn   | Turnip Or Peas  | Beetroot Or Baked Beans  |
| DESSERTS      | Rice Pudding with Pears                              | Tomato Soup                          | Pudding Free  | Carrot Cake   | Seasonal Fruit Cheesecake  |