

AUTUMN/WINTER 2017/2018 MENU

Week 1:

Week commencing: 30th October, 20th November, 11th December, 8th January 18,
29th January, 26th February, 19th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal	Chicken with Potato Wedges	Pasta Bolognese with Garlic Bread Slice	Margherita Pizza Slice with Herb Dice Potatoes	Roast Loin of Suffolk Pork, Stuffing, Roast Potatoes & Gravy	Crispy Fish Fillet or Sausages with Chips
Meal	Southern Style Veggie Burger with Potato Wedges	Vegetable & Rice Burritos with Garlic Bread Slice	Tomato Pasta Bake	Cauliflower Cheese with Roast Potatoes	Quorn Sausages with Chips
Vegetables	Seasonal Vegetables Baked Beans Fresh Salad Bar	Seasonal Vegetables Fresh Salad Bar	Seasonal Vegetables Fresh Salad Bar	Seasonal Vegetables Fresh Salad Bar	Seasonal Vegetables Baked Beans Fresh Salad Bar
Dessert	Coconut & Parsnip Flapjack Slice with Custard	Cocoa & Vanilla Marble Cake	Blueberry Cake (RS)	Apple & Blackberry Crumble with Custard	Chocolate Crunch with Chocolate Sauce

Available every day:

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, fruit salad, cheese & biscuits, flavoured yoghurt, apple & strawberry or real orange jelly.

(RS) Reduced Sugar

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Week 2:

Week commencing: 6th November, 27th November, 18th December, 15th January 18,
5th February, 5th March, 26th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal	Pork & Carrot Meatballs with Tomato Pasta Twists	Salmon & Sweet Potato Fishcake	Smokey Joe's Chicken with Rice	Roast Beef, Yorkshire Pudding with Roast Potatoes & Gravy	Crispy Fish Fillet with Chips
Meal	Seasonal Vegetable Crumble	Everybody's Favourite Macaroni Cheese	Italian Quorn Fillet with Rice	Quorn Roast, Yorkshire Pudding, Roast Potatoes & Gravy	Vegetable Spring Roll & Chips with Mild Curry Sauce
Vegetables	Seasonal Vegetables Fresh Salad Bar	Seasonal Vegetables Fresh Salad Bar	Seasonal Vegetables Fresh Salad Bar	Seasonal Vegetables Fresh Salad Bar	Seasonal Vegetables Baked Beans Fresh Salad Bar
Dessert	Warm Apple Pie & Custard	Belgian Cocoa Waffle with Cherry Fruit Topping	Carrot & Pineapple Sponge Cake (RS)	Oaty Fruit Crunch & Custard	Crunchy Vanilla Slice with Chocolate Sauce

Available every day:

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, fruit salad, cheese & biscuits, flavoured yoghurt, apple & strawberry or real orange jelly.

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Week 3:

Week commencing: 13th November, 4th December, 1st January 18, 22nd January, 19th February, 12th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal	Local Sausage & Mash with Gravy	Chicken & Ham Pasta Bake	Traditional Beef Lasagne	Roast Chicken, Stuffing, Roast Potatoes & Gravy	Baked Fish Fingers with Chips
Meal	Vegetarian Toad - in - the - Hole with mash & Gravy	Crunchy Cheese & Potato Pie	Loaded Potato Skins with Tomato, Cheddar & Baked Beans	Quorn Fillet, Roast Potatoes & Gravy	Crispy Veggie Fingers with Chips
Vegetables	Seasonal Vegetables Fresh Salad Bar	Seasonal Vegetables Fresh Salad Bar	Seasonal Vegetables Fresh Salad Bar	Seasonal Vegetables Fresh Salad Bar	Seasonal Vegetables Baked Beans Fresh Salad Bar
Dessert	Pear & Gingerbread Cake (RS)	St Clement's Shortbread Slice & Fruit Drink Cuplet	Toffee Apple Crumble & Vanilla Ice Cream	Lemon Cake & Custard	Chocolate Cracknell

Available every day:

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, fruit salad, cheese & biscuits, flavoured yoghurt, apple & strawberry or real orange jelly.