

WINTER/SPRING MENU 2019/20



	Meat Free Monday	Traditional Tuesday	World Food Wednesday	Thursday Favourites	Fish Friday
Week 1	Cheese & Onion Pie Beans or Salad & Boiled Potatoes Vegetarian Brunch with Beans & Boiled Potatoes Raspberry Sorbet with Seasonal Fruit	Baked Sausages, Yorkshire Pudding & Gravy Mashed Potatoes & Broccoli Veggie Curry Brown Rice & Broccoli Shortbread Bite & Fruit Slices	Sweet Chilli Chicken Couscous & Sweetcorn Loaded Mac n Cheese with Salad Jacket Potato Selection Seasonal Fruit Sponge & Custard	Homemade Lamb Curry Brown Rice & Cucumber Raita Cheese Whirl, Jacket Wedges & Salad Quorn Fajita, Jacket Wedges & Salad Melon Lolly or Dessert Whip	Birdseye Fish Fingers Oven Baked Chips & Peas Chickpea & Tomato Curry Rice & Salad Hot Sandwich & Salad Jelly & Fruit
Week 2	Homemade Pizza Jacket Wedges & Sweetcorn Butternut Squash Frittata Jacket Wedges & Sweetcorn Dessert Whip with Fruit	Homemade Curry Rice & Salsa Cheese Flan, Mashed Potatoes, Beetroot & Red Cabbage Jacket Potato Selection Homemade Fruit Muffin	Roast Dinner with all the Trimmings Vegeballs in Masala Sauce Brown Rice & Carrots Seasonal Fruit Crumble & Custard	Seaside Salmon Jacket Wedges & Peas Lentil & Vegetable Pasta Salad Quorn Strips & Vegetables in a Pitta Fruity Frozen Yoghurt with Peaches	Spaghetti Bolognaise Broccoli Samosa Pie & Salad Hot Sandwich & Salad Oat Crunchie Bite with Fruit Slices
Week 3	Homemade Pizza Garlic Slice & Sweetcorn Mediterranean Pasta Bake Garlic Slice & Sweetcorn or Salad Peach Melba	Roast Dinner with all the Trimmings Quorn Keema Brown Rice & Carrots Mini Homemade Biscuit & Fruit	Tempura Fish Goujons Sauté Potatoes & Beans Quorn Cobbler Cauliflower Homemade Muffin	Homemade Chicken Pie Jacket Wedges & Broccoli Southern Style Quorn Burger in a Bun & Salad Parsnip & Apple Cake with Custard	Baked Sausages, Mashed Potatoes, Peas & Gravy Vegetable Samber, Naan Bread & Peas Fruit Salad with Fruity Frozen Yoghurt

The Fresh Fayre Gang - making your school dinners taste great!



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Green End

