

Autumn/Winter Menu 2017/18 with The Greens



Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 - 30.10.17, 20.11.17, 11.12.17, 08.01.18, 29.01.18, 26.02.18, 19.03.18				
Farm Assured Chicken Sausages with Mash and Onion Gravy	Minced Beef Pie with Mash	Roast Chicken with Stuffing, Gravy and Roast Potatoes	Chicken Korma with Rice	Fishfingers with Homemade Tomato Ketchup and Chips
Veggie Sausages with Mash and Onion Gravy	HLC's Veggie Bolognese Dream with Pasta Twists	Vegetable Pasty with Roast Potatoes and Gravy	Macaroni Cheese	BBQ Bean Quesadilla with Chips
Garden Peas and Chunky Carrots	Green Beans and Crunchy Coleslaw	Green Cabbage and Roasted Parsnips	Broccoli Florets and Sweetcorn	Baked Beans and Garden Peas
Chocolate and Pear Cake with Chocolate Sauce	Sticky Toffee Pudding with Custard	Jamaican Banana Cake with Custard	Oaty Apple Crumble and Custard	Fruity Flapjack with Fruit and Yoghurt
WEEK 2 - 06.11.17, 27.11.17, 18.12.17, 15.01.18, 05.02.18, 05.03.18, 26.03.18				
Spicy Minced Beef Pizza with Cajun Wedges	Jerk Chicken with Rice & Peas	Beef Casserole with Roast Potatoes	Blenheim's Brilliant Turkey Meatballs with Pasta Twists	Breaded Fish Fillet with Lemon Mayonnaise and Chips
Vegetarian Curry with Rice	Vegetable Lasagne	Courgette, Spinach and Lentil Roast with Roast Potatoes and Gravy	Vegetarian Cottage Pie with Gravy	Cheese and Tomato Quiche with Chips
Sweetcorn and Mediterranean Vegetables	Carrot Batons and Garden Peas	Roasted Carrots and Cabbage	Mashed Swede and Oven Baked Vegetables	Baked Beans and Garden Peas
Apple Sponge with Custard	Peach Crunch Crumble with Custard	Rice Pudding with Raisins	Carrot and Raisin Cake with Custard	Courgette, Apricot and Orange Tray Bake with Custard
WEEK 3 - 13.11.17, 04.12.17, 01.01.18, 22.01.18, 19.02.18, 12.03.18				
Beef Burger in a Bap with Baked New Potatoes	BBQ Chicken with Rice	Roast Chicken with Stuffing, Gravy and Roast Potatoes	Cottage Pie	Fishfingers or Salmon Fishfingers with Homemade Tomato Ketchup and Chips
Quorn Burger in a Bap with Baked New Potatoes	Cheese and Tomato Pizza with half a Jacket Potato	Vegetable and Chickpea Wellington with Gravy and Roast Potatoes	Pasta Twists with Roasted Vegetables and Beans	Potato, Carrot and Tomato Frittata with Chips
Crunchy Coleslaw and Green Beans	Sweetcorn and Cauliflower/ Broccoli Florets	Cabbage and Roasted Parsnips	Green Beans and Carrots Roundels	Baked Beans and Garden Peas
Apple & Raisin Slice with Custard	Raisin Cookie with Yoghurt	Peach and Chocolate Marble Cake with Custard	Toffee Apple and Banana Crumble with Custard	Fresh Fruit Salad with Yoghurt

Includes wholegrain offering pupils a great source of fibre for healthy digestion.

Contains at least half a portion of vegetables, increasing fibre, folate, vitamin A and vitamin C.

Contains at least half a portion of fruit, to help pupils on their way to achieving their 5 A DAY!

Served Daily

Freshly Baked Bread

Seasonal Vegetables/Salads

Fresh Fruit

Organic Yeo Valley Yoghurt

ON A MISSION

To inspire and educate pupils to think differently about food, cooking, health and our environment!

