

WEEK 1	MAIN COURSES	VEGETARIAN OPTION	ALTERNATIVE	DESSERTS
WEEK COMMENCING: 06/11/2017 • 27/11/2017 • 18/12/2017 • 22/01/2018 • 12/02/2018 • 12/03/2018				
MONDAY	Cheese and Leek Pasta Bake Crusty Bread and Sweetcorn	Tomato and Basil Pasta Crusty Bread and Sweetcorn	Jacket Potato with Various Fillings	Oaty Biscuit and a Glass of Milk
TUESDAY	Chicken Fajitas <u>or</u> Fish Pie Homemade Wedges and Salad	Cheese and Potato Pie with Baked Beans	Jacket Potato with Various Fillings	Jam Tart and Custard
WEDNESDAY	Roast Beef and Yorkshire Pudding Roast and Boiled Potatoes, Carrots, Broccoli and Gravy	Homemade Glamorgan Sausage Roast and Boiled Potatoes, Carrots, Broccoli and Gravy	Jacket Potato with Various Fillings	Peaches in Jelly and Ice Cream
THURSDAY	Chicken Korma <u>or</u> Spaghetti Bolognese Rice, Mixed Vegetables and Naan Bread	Vegetable Korma <u>or</u> Vegetable Bolognese Rice, Mixed Vegetables and Naan Bread	Jacket Potato with Various Fillings	Autumn Sponge and Custard
FRIDAY	Fish Fingers <u>or</u> Salmon Bake Chips, Mashed Potato <u>or</u> Pasta and Baked Beans <u>or</u> Peas	Broccoli and Cheese Quiche Chips, Mashed Potato <u>or</u> Pasta and Baked Beans <u>or</u> Peas	Jacket Potato with Various Fillings	Devon Split
WEEK 2	MAIN COURSES	VEGETARIAN OPTION	ALTERNATIVE	DESSERTS
WEEK COMMENCING: 13/11/2017 • 04/12/2017 • 08/01/2018 • 29/01/2018 • 26/02/2018 • 19/03/2018				
MONDAY	Homemade Cheese and Tomato Pizza Homemade Wedges <u>or</u> Pasta and Baked Beans	Homemade Cheese and Tomato Pizza Homemade Wedges <u>or</u> Pasta and Baked Beans	Jacket Potato with Various Fillings	Crunchy Flapjack and a Glass of Fruit Juice
TUESDAY	Homemade Beef Lasagne <u>or</u> Beef Bolognese Garlic Bread & Mixed Vegetables	Homemade Vegetable Lasagne <u>or</u> Vegetable Bolognese Garlic Bread & Mixed Vegetables	Jacket Potato with Various Fillings	Toffee Apple Crumble and Custard
WEDNESDAY	Sausages in Onion Gravy with Yorkshire Pudding Roast and Boiled Potatoes, Carrots, Cabbage	Homemade Glamorgan Sausage in Onion Gravy with Yorkshire Pudding Roast and Boiled Potatoes, Carrots, Cabbage	Jacket Potato with Various Fillings	Cookie Ice Cream
THURSDAY	Corned Beef Pie with Mashed Potato, Broccoli and Gravy <u>or</u> Minced Beef Chow Mein with Crusty Bread and Broccoli	Quorn and Vegetable Pie with Mashed Potato, Broccoli and Gravy <u>or</u> Veggie Chow Mein with Crusty Bread and Broccoli	Jacket Potato with Various Fillings	Mandarin Sponge
FRIDAY	Fish Cake <u>or</u> Fish Finger Chips, Mashed Potato <u>or</u> Pasta and Peas	Cheese and Tomato Frittata Chips, Mashed Potato <u>or</u> Pasta and Peas	Jacket Potato with Various Fillings	Blueberry Muffin and a Glass of Milk
WEEK 3	MAIN COURSES	VEGETARIAN OPTION	ALTERNATIVE	DESSERTS
WEEK COMMENCING: 20/11/2017 • 11/12/2017 • 15/01/2018 • 05/02/2018 • 05/03/2018 • 26/03/2018				
MONDAY	Chicken Fillet in Bun <u>or</u> Hot Dog Homemade Wedges and Coleslaw	Homemade Glamorgan Pattie in Bun Homemade Wedges and Coleslaw	Jacket Potato with Various Fillings	Jaffa Sponge and Custard
TUESDAY	Spanish Chicken Rice <u>or</u> Beefy Macaroni Bake 1/2 a Cheesy Jacket Skin and Salad	Savoury Rice <u>or</u> Tomato and Basil Pasta 1/2 a Cheesy Jacket Skin and Salad	Jacket Potato with Various Fillings	Chocolate Goopy Cake
WEDNESDAY	Roast Turkey and Stuffing Roast and Boiled Potatoes, Carrots, Green Beans and Gravy	Veggie Cottage Pie Roast and Boiled Potatoes, Carrots, Green Beans and Gravy	Jacket Potato with Various Fillings	Fresh Fruit Salad
THURSDAY	Lamb Meatballs in Tomato Sauce with Pasta Mixed Veg and Crusty Bread	Veggie Balls in Tomato Sauce with Pasta Mixed Veg and Crusty Bread	Jacket Potato with Various Fillings	Manchester Tart and a Glass of Juice
FRIDAY	Fish in Batter <u>or</u> Salmon Bake Chips, Mashed Potatoes <u>or</u> Pasta, Beans <u>or</u> Peas	Cauliflower and Broccoli Cheese Chips, Mashed Potatoes <u>or</u> Pasta, Beans <u>or</u> Peas	Jacket Potato with Various Fillings	Autumn Cobbler and Custard