

WEEK 1	MAIN COURSES	VEGETARIAN OPTION	ALTERNATIVE	DESSERTS
WEEK COMMENCING: 04/11/2019 • 25/11/2019 • 16/12/2019 • 20/01/2020 • 10/02/2020 • 09/03/2020 • 30/03/2020				
MONDAY	Homemade Hawaiian Pizza Middleton Bread & Pizza Gluten Free Mix, Homemade Wedges with Beans or Peas	Homemade Cheese & Tomato Pizza Middleton Gluten Free Bread & Pizza Mix, Homemade Wedges with Beans or Peas	Jacket Potato with Various Fillings	Chocolate Brownie Middleton Gluten Free Muffin Mix
TUESDAY	Beef Bolognaise (thicken with cornflower) Gluten Free Pasta, Garlic Bread Middleton Bread & Pizza Mix & Sweetcorn	Vegetable Bolognaise (thicken with cornflower ) Garlic Bread (Middleton Gluten Free Bread & Pizza Mix) & Sweetcorn	Jacket Potato with Various Fillings	Flapjack Middleton's Gluten Free Mix
WEDNESDAY	Roast Turkey & Stuffing (Middleton Bread & Pizza Mix for Breadcrumbs) Roast & Mashed Potatoes, Carrots, Green Beans & Allergen Free Gravy	Cauliflower & Broccoli Cheese (thicken with cornflower) Roast & Boiled Potatoes, Carrots, Broccoli & Allergen Free Gravy Mix	Jacket Potato with Various Fillings	Cookie Ice-Cream Middleton Gluten Free Cookie Mix
THURSDAY	Savoury Mince, Allergen Free Gravy Mix (thicken with cornflower) Mashed Potatoes, Broccoli & Allergen Free Gravy Mix	Veggie Mince (Allergen Free Gravy Mix, thicken with cornflower) Mashed Potato, Broccoli & Allergen Free Gravy	Jacket Potato with Various Fillings	Vanilla Sponge Middleton's Gluten Free Sponge Mix
FRIDAY	Young's Gluten Free Fish Finger or Young's Gluten Free Fish Cake Chips /Mash or Gluten Free Pasta, Baked Beans or Peas	Cheese & Potato Pie with Beans or Peas	Jacket Potato with Various Fillings	Blueberry Muffin Middleton Gluten Free Mix & Glass Milk

WEEK 2	MAIN COURSES	VEGETARIAN OPTION	ALTERNATIVE	DESSERTS
WEEK COMMENCING: 11/11/2019 • 02/12/2019 • 06/01/2020 • 27/01/2020 • 24/02/2020 • 16/03/2020				
MONDAY	Carbonara Gluten Free Pasta & thicken with Cornflower, Garlic Bread Middleton's Gluten Free Bread Mix & Mixed Vegetables	Vegetable Carbonara Gluten free pasta & thicken with Cornflower Garlic bread Middleton's gluten free bread mix & mixed vegetables	Jacket Potato with Various Fillings	Vanilla Sponge & Custard Middleton Gluten Free Sponge Mix
TUESDAY	Chicken Balti, Rice, Naan Bread Middleton's Gluten Bread & Pizza Mix & Peas	Vegetable Balti Rice Naan Bread Middleton's Gluten Middleton gluten free bread & pizza mix & Peas	Jacket Potato with Various Fillings	Flapjack Middleton Gluten Free Mix
WEDNESDAY	Roast Turkey or Gluten Free Sausages Roast & Boiled Potatoes, Carrots, Green Beans & Allergen Free Gravy Mix	Homemade Glamorgan Sausage Bread Crumbs, Middleton Bread & Pizza Mix Roast & Boiled Potatoes, Carrots, Green Beans & Allergen Free Gravy Mix	Jacket Potato with Various Fillings	Fruit Rice Pudding
THURSDAY	Homemade Beef Meatballs in Homemade Tomato Sauce (thicken with cornflour) Gluten Free Pasta & Mixed Vegetables	Ratatouille Gluten Free Pasta & Mixed Vegetable	Jacket Potato with Various Fillings	Chocolate Cookie Middleton Cookie Mix
FRIDAY	Gluten Free Fish Fingers in a Bun, Middleton Gluten Free Bread & Pizza Mix, Chips, Mash or Gluten Free Pasta with Beans or Peas	Homemade Glamorgan Pattie in a Bun (Middleton's Gluten Free Bread Mix) Chips, Mash or Gluten Free Bread Mix with Beans or Peas	Jacket Potato with Various Fillings	Chocolate Muffin Middleton's Gluten Free Mix Glass Milk

WEEK 3	MAIN COURSES	VEGETARIAN OPTION	ALTERNATIVE	DESSERTS
WEEK COMMENCING: 18/11/2019 • 09/12/2019 • 13/01/2020 • 03/02/2020 • 02/03/2020 • 23/03/2020				
MONDAY	Cheesy Pasta Bake Gluten Free Pasta (thicken with cornflower) Crusty Bread Middleton Bread & Pizza Mix & Sweetcorn	Tomato & Basil Pasta Bake Gluten Free Pasta (thicken with cornflower) Crusty Bread Middleton Bread & Pizza Gluten Free Mix & Sweetcorn	Jacket Potato with Various Fillings	Vanilla Sponge Middleton Gluten Free Mix & Custard
TUESDAY	Homemade Chicken Korma (thicken with cornflower), Rice & Naan Bread Middleton's Gluten Free Bread Mix & Sweetcorn	Homemade Vegetable Korma (thicken with cornflower) Rice, Mixed Vegetables & Bread Roll Middleton Bread & Pizza Gluten Free Mix & Sweetcorn	Jacket Potato with Various Fillings	Chocolate Whirl & Chocolate Cookie Middleton's Gluten Free Mix
WEDNESDAY	Roast Beef, Roast & Boiled Potatoes Carrots, Green Beans & Allergen Free Gravy Mix	Quorn in Gravy Allergen Free Gravy Mix (thicken with cornflower) Roast & Boiled Potatoes, Carrots, Green Beans	Jacket Potato with Various Fillings	Fruit Jelly (use Vegetarian jelly) & Ice-cream
THURSDAY	Savoury Mince, Allergen Free Gravy Mix (thicken with cornflower) Homemade Wedges & Peas	Cheese & Potato Pie with Beans or Peas	Jacket Potato with Various Fillings	Flapjack Middleton's Gluten Free Mix
FRIDAY	Young's Gluten Free Fish Finger or Young's Gluten Free Fish Cake Chips, Mash or Gluten Free Pasta with Baked Beans or Peas	Cheese & Onion Frittata Chips, Mash or Gluten Free Pasta with Baked Beans or Peas	Jacket Potato with Various Fillings	Chocolate Brownie Middleton Gluten Free Brownie Mix & Glass Milk



*Welcome to*

Monmouthshire County Council

Catering Service

# *New Autumn/Winter Menu*

November 2019 - April 2020

