

Menu for the Spring Term 2020

Week 1 (vegetarian):

Monday

Penne with roast tomato and aubergine

Mozzarella cheese bake

(SI: Aubergine, Carrot and celery)

Fresh fruit

Tuesday

Courgette and chickpea fritters with cheddar and carrots and peas

(SI: Split lentils)

Fresh fruit

Wednesday

Vegetarian sausages, vegetables with Jacket potatoes and cheese

Fresh fruit

Thursday

Specials day

Example menu - Vegetarian meatballs in tomato sauce with spaghetti

Fresh fruit

Friday

Chickpea battered vegetables with mash potato

Buttered peas and carrots

Fresh fruit

Week 2 (vegetarian):

Monday

Homemade pizza squares

Green salad with sesame seeds

(SI: Tomatoes, red peppers, mushrooms and carrots)

Fresh fruit

Tuesday

Vegetable and lentil curry with sautéed rice

Fresh Fruit

Wednesday

Vegetable stir-fried with noodles and egg roll *(omelette or tofu for vegan meals)*

(Red pepper, courgette, carrot, broccoli, sweetcorn and mushroom)

Fresh fruit

Thursday

Vegetable spaghetti bolognese with vegan cheese

Fresh fruit

Friday

Vegan burger in a roll with salad

Or

Courgette, chickpea and cheddar fritter

Homemade oven chips

Fresh fruit

Week 1:

Monday

Penne with roast tomato and aubergine cheese bake

(Sl: Aubergine, Carrot, celery)

Fresh fruit

Tuesday

Breaded chicken with mash potatoes, carrots and peas

Fresh fruit

Wednesday

Roast chicken with thyme and lemon gravy, Yorkshire pudding and

Roast potatoes, broccoli and carrots

Fresh fruit

Thursday

Special of the week, changes every other week, here's where we try out new dish and cook old favourites

Moroccan chicken with cous cous

Lasagne

Pork meatballs in roast tomato sauce with spaghetti

Beef Bourguignon with mash potatoes, carrots and broccoli

Chicken pie with mashed potato and steamed vegetables

Fresh Fruit

Friday

Battered hake with mash potatoes green beans and peas

Yogurt or fresh fruit

Week 2:

Monday

Homemade pizza squares

Green salad

(SI: Tomatoes, red peppers, mushrooms and carrots)

Fresh fruit

Tuesday

Creamy chicken curry with chicken meatballs and sautéed rice

Fresh fruit

Wednesday

Pork stir-fried noodles with assorted vegetables

(Red pepper, sweetcorn, broccoli, courgette, carrots, sweetcorn, mushrooms)

Fresh fruit

Thursday

Spaghetti Bolognese

(SI: lentils, carrots, leeks, pumpkin)

Friday

Breaded oven baked fish cakes with hake and tuna served with mixed vegetables

(SI: peas and sweetcorn)

Yogurt or fresh fruit