

Autumn 2014

WEEK 1

W/C 1st Sep, 22nd Sep, 15th Oct, 3rd Nov, 24th Nov, 15th Dec, 19th Jan, 9th Feb

MONDAY

Pork Sausages
with Mash Potato
and Gravy

Three Cheese Tortellini
with Tomato and Crème
Fraiche

Oat Crusted Bloomer

Broccoli
Fresh Carrots

Twice Baked Apple
Crumble
with Custard

TUESDAY

Reggae Reggae
Chicken and Rice

Black Eyed Bean and
Potato Burrito

Sesame Seed Loaf

Sweet Chilli Cucumber
and Tomato Salad
Raitta Dressing

Lemon Drizzle Cake

WEDNESDAY

Roast Turkey
with Crispy Roast
Potatoes, Cranberry
Sauce and Gravy

Cheese, Leek and
Potato Pie

Wholemeal Loaf

Seasonal Cabbage
Fresh Carrots

Bread and Butter
Pudding
with Custard

THURSDAY

Italian Beef Lasagne

Spiced Quorn
with '5 Flavour' Noodles

Garlic Bread Wedge

Sweetcorn
Courgettes

Marble Cake
with Custard

FRIDAY

Crispy Battered
Fillet of Fish
with Home-Made Tartar
Sauce and Chunky
Chips

Char-Grilled
Vegetable
Fajita

Poppy Bread

Garden or Mushy Peas
Coleslaw

Seasonal Fresh Fruit
Salad
(fruit based)

This menu is compliant with the school food standards. We encourage pupils to enjoy a healthy balanced diet. Chartwells can cater for many special dietary requirements. Please speak to the Catering Manager if you have any questions.

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MONDAY

Roast Chicken Thigh
with Parsley Dumplings

Lentil Casserole
with Mashed Potatoes

Floured Loaf

Fresh Carrots
Fresh Cauliflower

Chocolate Brownie

TUESDAY

Moroccan Tagine of
Lamb
with Cous Cous

Macaroni 'Double
Cheese'
with Leeks

Garlic and Herb Bread

Garden Peas
Healthy Salad

Toffee Apple Strudel
with Custard
(fruit based)

WEDNESDAY

Roast Topside of Beef
with Crispy Roast
Potatoes and Gravy

Vegetarian Cottage Pie

Seeded Loaf

Fresh Broccoli
Fresh Carrots

Honey Baked Bananas
(fruit based)

THURSDAY

Gammon Steak
with Pineapple and New
Potatoes

Goats Cheese, Leek and
Tomato Tart
with New Potatoes
(1/2 wholemeal pastry)

Wholemeal Loaf

Sweetcorn
Roasted Vegetables

Orange and Almond
Cake
With Custard

FRIDAY

Crispy Fiery Battered
Fillet of Fish
with Chunky Chips

Home Made Spicy Bean
Burger
with Chunky Chips

Classic Bloomer

Garden or Mushy Peas
Coleslaw

Wild Berry Fool
with Shortbread

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WEEK 3

W/C 15th Sep, 6th Oct, 27th Oct, 17th Nov, 8th Dec, 29th Dec, 12th Jan, 2nd Feb

MONDAY

Valencian Salmon
Paella

Penne Pasta Vegetable
Bake

Garlic and Herb Bread
50/50?

Fresh Carrots
Sweetcorn

Caramelised Apricot Tart

TUESDAY

Chicken Korma
with Basmati Rice

Goan Vegetable Curry
with Basmati Rice

Naan Bread

Garden Peas
Raitta Salad

Apple and Blackberry
Twice Baked Crumble
with Vanilla Custard
*(fruit based and
wholegrain)*

WEDNESDAY

Twice Cooked Belly of
Pork with Apple Sauce,
Roast Potatoes and
Gravy

Butternut Squash,
Sweetcorn and
Chickpea Stew

Crown Loaf

Fresh Swede
Seasonal Cabbage

Sparkling Tropical Fruit
Jelly
(fruit based)

THURSDAY

Beef and Mushroom Pie
with Mashed Potato

Quorn and Potato Pie
(Pan Haggerty)

Sesame Seed Twist

Broccoli Florets
Fresh Carrots

Rich Chocolate Cake
with Vanilla Custard

FRIDAY

Cajun Battered Fillet of
Fish
with Chunky Chips

Vegetarian Mixed Grill
with Chunky Chips

Poppy Bread

Garden or Mushy Peas
Coleslaw

Orange Polenta Cake

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