



Autumn/Winter Menu 2018/19



WEEK 1 – for weeks commencing: 29/10/18, 9/11/18, 10/12/18, 14/1/19, 4/2/19, 4/3/19, 25/3/19

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE	Beef Bolognaise Quorn Bolognaise Spaghetti Jacket Potato & Fillings Carrots & Peas Fruity Shortbread Fresh Fruit	Jacket Potato with Fillings – Cheese, Beans, Tuna, Egg Mayo, Salmon Mayo Vegetable Medley Pam's Pineapple Upside Down Cake & Custard Fresh Fruit	Roast Beef & Yorkshire Pudding Sharon's Roasted Cauliflower Cheese Roast Potatoes Jacket Potato & Fillings Carrots & Broccoli Yoghurts Fresh Fruit	Lisa's Creamy Chicken & Mushroom Pie Vegetable Pie Creamy Mash Potato Jacket Potato & Fillings Vegetable Medley Lucy's Apple Sponge Fresh Fruit	Fish Fingers Wendy's Leek & Cherry Tomato Flan Chips Jacket Potato & Fillings Baked Beans & Peas Yoghurt Fresh Fruit

Week 2 – for weeks commencing: 5/11/18, 26/11/18, 17/12/18, 21/1/19, 11/2/19, 11/3/19, 1/4/19

WEEK TWO	Denise's Beef Curry Chick Pea Curry Pilaf Rice Jacket Potato & Fillings Peas & Sweetcorn Flaky Biscuit Fresh Fruit	Lamb Lasagne Vegetable Lasagne Garlic Bread Jacket Potato with Fillings Vegetable Medley Strawberry Mousse Fresh Fruit	Herby Roast Chicken Drumstick Jenny's Spicy Veggie Bakes Roasted Potatoes Jacket Potato & Fillings Carrots & Green Beans Yoghurt Fresh Fruit	Italian Tuna Pasta Vegetable Pasta Bake Jacket Potato with Fillings Peas Banana Sponge & Custard Fresh Fruit	Oven Baked Sausages Veggie Sausages Chips Jacket Potato & Fillings Baked Beans & Baked Tomatoes Yoghurt Fresh Fruit
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Week 3 – for weeks commencing: 12/11/18, 3/12/18, 7/1/19, 28/1/19, 25/2/19, 18/3/19

WEEK THREE	Spicy Beef Pizza Cheese & Tomato Pizza Herby-Diced Potato Jacket Potato & Fillings Vegetable Medley Fruity Crispy Cake Fresh Fruit	Chicken & Broccoli Pasta Bake Beany Pasta Bake Jacket Potato & Fillings Carrots Teresa's Apple Crunch & Custard Fresh Fruit	Roast Turkey & Stuffing Cheese & Tomato Quiche Roast Potatoes Jacket Potato & Fillings Shredded Green Cabbage Yoghurt Fresh Fruit	Hakim's Beef Bourguignon Veggie Hot Pot Creamy Mashed Potato Jacket Potato & Fillings Sweetcorn & Peas Fruit Crumble & Custard Fresh Fruit	Fish Fillet Spanish Omelette Chips Jacket Potato & Fillings Peas & Roasted Vegetables Yoghurt Fresh Fruit
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Menu subject to change * All meals are freshly cooked at the academy * Our food is cooked using oven baking & steaming methods * We use seasonal fruit & vegetables * All meat is fresh & UK sourced * Milk & yoghurt are available daily * Fresh drinking water is available daily

