



# 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
<b>WEEK ONE</b>	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  <b>Pam's</b> 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	<b>Lisa's</b> Creamy Chicken & Mushroom Pie Vegetable Pie Creamy Mash Potato Jacket Potato & Fillings Vegetable Medley  <b>Lucy's</b> Apple Sponge Fresh Fruit	Fish Fingers <b>Wendy's</b> 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

<b>WEEK TWO</b>	<b>Denise's</b> 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 <b>Jenny's</b> 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

<b>WEEK THREE</b>	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  <b>Teresa's</b> Apple Crunch & Custard Fresh Fruit	Roast Turkey & Stuffing Cheese & Tomato Quiche Roast Potatoes Jacket Potato & Fillings Shredded Green Cabbage  Yoghurt Fresh Fruit	<b>Hakim's</b> 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

