



Autumn/Winter Menu 2019/20



WEEK 1 – for weeks commencing: 28/10/19, 18/11/19, 9/12/19, 13/1/20, 3/2/20, 2/3/20, 23/3/20

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE	Mediterranean Pasta Bake Roasted Vegetable Pasta Bake	Teresa's Fruity Moroccan Lamb Cauliflower Cheese Fluffy Rice	Roast Turkey & Stuffing Lisa's Roasted Vegetable Plait Roast Potatoes	Meatballs in Tomato Sauce Veggie Balls in Tomato Sauce Oven Baked Wedges	Fish Fingers Denise's Mushroom Flan Chips
	Jacket Potato & Fillings Peas & Carrots	Jacket Potato & Fillings Sweetcorn	Jacket Potato & Fillings Parsnips & Carrots	Jacket Potato & Fillings Vegetable Medley	Jacket Potato & Fillings Baked Beans & Peas
	Pam's Apple Crumble Cake & Custard Fresh Fruit	Muffin Fresh Fruit	Yoghurt Fresh Fruit	Strawberry Mousse Fresh Fruit	Yoghurt Fresh Fruit

Week 2 – for weeks commencing: 4/11/19, 25/11/19, 16/12/19, 20/1/20, 10/2/20, 9/3/20, 30/3/20

WEEK TWO	Sharon's Tropical Chicken Curry Jenny's Sag Aloo Parcel Pilaf Rice	Jacket Potato with Fillings – Cheese, Beans, Tuna, Egg Mayo	Sharon's Beef Hotpot Beany Hotpot Creamy Mash Potato	Moussaka Vegetable Moussaka Garlic Bread	Margherita Pizza Sweetcorn Pizza Chips
	Jacket Potato & Fillings Peas	Vegetable Medley	Jacket Potato & Fillings Shredded Green Cabbage	Jacket Potato & Fillings Vegetable Medley	Jacket Potato & Fillings Baked Beans & Roasted Vegetables
	Fruity Shortbread Fresh Fruit	Chocolate Sponge & Chocolate Sauce Fresh Fruit	Yoghurt Fresh Fruit	Lucy's Apple Strudel & Ice Cream Fresh Fruit	Yoghurt Fresh Fruit

Week 3 – for weeks commencing: 11/11/19, 2/12/19, 6/1/20, 27/1/20, 24/2/20, 16/3/20

WEEK THREE	Beef Bolognese Vegetable Bolognese Spaghetti	Mixed Pepper Quiche Spicy Bean Wrap Herby Diced Potatoes	Roast Beef & Yorkshire Pudding Creamy Fish Pie Roast Potatoes	Suzette's BBQ Chicken Drumstick Veggie Stir Fry Fluffy Rice	Fish Fillet Spanish Omelette Chips
	Jacket Potato & Fillings Sweetcorn	Jacket Potato & Fillings Vegetable Medley	Jacket Potato & Fillings Carrots & Peas	Jacket Potato & Fillings Sweetcorn & Peas	Jacket Potato & Fillings Baked Beans & Baked Tomatoes
	Wendy's Crispy Cornflake Tart & Custard Fresh Fruit	Ripple sponge & Custard Fresh Fruit	Yoghurts Fresh Fruit	Emma's Carrot & Apple Cake Fresh Fruit	Yoghurt Fresh Fruit

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

