

# Middle School Autumn/Winter 2018 Menu

W/C 05/11 26/11 17/12 21/01 11/02 11/03 01/04

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>	<b>Mozzarella &amp; Tomato Pizza**(v)</b> <i>with Pasta Salad**</i>	<b>Chicken Fillet in a Bun</b> <i>with Jacket Wedges</i>	<b>Roast Turkey</b> <i>with Roast Potatoes &amp; Gravy</i>	<b>Mexican Beef</b> <i>A Mild Chilli Con Carne with Rice**</i>	<b>Crispy Fish &amp; Chips</b> <i>Crispy Battered Pollock with Chips</i>
<b>Alternative Choice</b>	<b>Bean Burger in a Bun(v)</b> or <b>Tomato &amp; Cheese Pasta Pot**(v)</b>	<b>Creamy Broccoli &amp; Sweetcorn Pasta**(v)</b> or <b>Chicken Noodle Pot</b>	<b>Quorn Roast(v)</b> <i>with Roast Potatoes &amp; Gravy</i> or <b>Quorn Roast(v)</b> or <b>Turkey Bap</b>	<b>Mac 'N' Cheese(v)</b> <i>Macaroni Cheese</i> or <b>Lemon Chicken Wrap</b>	<b>Quorn Dippers(v)</b> <i>with Chips</i>
<b>Available Daily</b>	<b>Pasta King, Baked Potatoes, A selection of Sandwiches, Paninis &amp; Baguettes</b>	<b>Pasta King, Baked Potatoes, A selection of Sandwiches, Paninis &amp; Baguettes</b>	<b>Pasta King, Baked Potatoes, A selection of Sandwiches, Paninis &amp; Baguettes</b>	<b>Pasta King, Baked Potatoes, A selection of Sandwiches, Paninis &amp; Baguettes</b>	<b>Pasta King, Baked Potatoes, A selection of Sandwiches, Paninis &amp; Baguettes</b>
<b>Today's Fresh Vegetables</b>	<b>Carrot Batons</b> <b>Peas</b>	<b>Roasted Vegetables</b>	<b>Green Beans</b> <b>Carrot Batons</b>	<b>Sweetcorn</b> <b>Broccoli</b>	<b>Peas, Carrot Batons &amp; Baked Beans</b>
<b>Daily Salad Bar</b>	<b>Choice of Fresh Seasonal Salads</b>	<b>Choice of Fresh Seasonal Salads</b>	<b>Choice of Fresh Seasonal Salads</b>	<b>Choice of Fresh Seasonal Salads</b>	<b>Choice of Fresh Seasonal Salads</b>
<b>Desserts</b>	<b>Flapjack</b> <i>with Fruit Slices*</i>	<b>Crunchy Plum Crumble*</b> <i>with Custard</i>	<b>Chocolate Ice Cream</b> <i>with Mandarin Segments**</i>	<b>Brownie Cake</b> <i>with Banana*</i>	<b>Lemon Shortbread</b> <i>with Fruit Slices*</i>

Cool Water, Fresh Bread, Fruit Juice, Organic Milk, Yoghurt & Fresh Fruit served daily

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish (v) Vegetarian

# Middle School Autumn/Winter 2018 Menu

W/C 12/11 03/12 07/01 28/01 25/02 18/03 08/04

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>	<b>Mozzarella &amp; Tomato Pizza**(v)</b> <i>with Pasta Salad**</i>	<b>Chicken &amp; Sweetcorn Pie</b> <i>with Creamy Mashed Potato</i>	<b>Roast Pork</b> <i>with Roast Potatoes &amp; Gravy</i>	<b>Beef Burger</b> <i>with Potato Wedges</i>	<b>Golden Cod Fillet Fish Fingers &amp; Chips</b> <i>Breaded Fish Fingers with Chips</i>
<b>Alternative Choice</b>	<b>Baked Bean &amp; Cheese Wrap(v)</b> or <b>Quorn Sausage &amp; Tomato Bun(v)</b>	<b>Vegetarian Sausages(v)</b> <i>with Creamy Mashed Potato</i> or <b>Chicken Tikka Masala Pot</b>	<b>Cheese and Potato Bake(v)</b> <i>with Roast Potatoes</i> or <b>Roast Pork Bap</b>	<b>Vegetarian Tagine(v)</b> <i>Moroccan Style Vegetable Casserole with Rice**</i> or <b>Savoury Chicken Rice Pot</b>	<b>Quorn Burger(v)</b> <i>with Chips</i>
<b>Available Daily</b>	<b>Pasta King, Baked Potatoes, A selection of Sandwiches, Paninis &amp; Baguettes</b>	<b>Pasta King, Baked Potatoes, A selection of Sandwiches, Paninis &amp; Baguettes</b>	<b>Pasta King, Baked Potatoes, A selection of Sandwiches, Paninis &amp; Baguettes</b>	<b>Pasta King, Baked Potatoes, A selection of Sandwiches, Paninis &amp; Baguettes</b>	<b>Pasta King, Baked Potatoes, A selection of Sandwiches, Paninis &amp; Baguettes</b>
<b>Today's Fresh Vegetables</b>	<b>Sweetcorn Peas</b>	<b>Roasted Vegetables</b>	<b>Broccoli Carrot Batons</b>	<b>Green Beans Sweetcorn</b>	<b>Peas, Carrot Batons &amp; Baked Beans</b>
<b>Daily Salad Bar</b>	<b>Choice of Fresh Seasonal Salads</b>	<b>Choice of Fresh Seasonal Salads</b>	<b>Choice of Fresh Seasonal Salads</b>	<b>Choice of Fresh Seasonal Salads</b>	<b>Choice of Fresh Seasonal Salads</b>
<b>Desserts</b>	<b>Vanilla Ice Cream</b> <i>With Sliced Peaches*</i>	<b>Orange &amp; Lemon Sponge Cake</b> <i>with Fruit Slices*</i>	<b>Crunchy Chocolate Biscuit</b> <i>with Fruit Slices*</i>	<b>Apple &amp; Berry Crumble*</b> <i>with Custard</i>	<b>Flapjack</b> <i>with Banana &amp; Apricot*</i>

Cool Water, Fresh Bread, Fruit Juice, Organic Milk, Yoghurt & Fresh Fruit served daily

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# Middle School Autumn/Winter 2018 Menu

W/C 19/11 10/12 14/01 04/02 04/03 25/03

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>	<b>Mozzarella &amp; Tomato Pizza**(v)</b> <i>with Jacket Wedges</i>	<b>Pork Sausages</b> <i>with Creamy Mashed Potato</i>	<b>Roast Turkey</b> <i>with Roast Potatoes &amp; Gravy</i>	<b>Beef Lasagne</b> <i>with a Garlic &amp; Herb Bread Wedge</i>	<b>Golden Cod</b> Or <b>Crispy Salmon***</b> <b>Fillet Fish Fingers</b> <i>with Chips</i>
<b>Alternative Choice</b>	<b>Baked Bean and Cheese Wrap(v)</b> or <b>Mac 'N' Cheese Pot(v)</b> <i>with BBQ Baked Beans</i>	<b>Vegetable Lasagne **(v)</b> or <b>Marinated Mexican Chicken Thigh</b> <i>with Rice**</i>	<b>Quorn Roast(v)</b> <i>with Roast Potatoes &amp; Gravy</i> or <b>Roast Turkey Bap</b>	<b>Vegetable Korma(v)</b> <i>with Rice**</i> or <b>Quorn Ball &amp; Tomato Sub Roll(v)</b>	<b>Quorn Sausage &amp; Tomato Pasta Bake(v)</b>
<b>Available Daily</b>	<b>Pasta King,</b> <b>Baked Potatoes,</b> <b>A selection of Sandwiches,</b> <b>Paninis &amp; Baguettes</b>	<b>Pasta King,</b> <b>Baked Potatoes,</b> <b>A selection of Sandwiches,</b> <b>Paninis &amp; Baguettes</b>	<b>Pasta King,</b> <b>Baked Potatoes,</b> <b>A selection of Sandwiches,</b> <b>Paninis &amp; Baguettes</b>	<b>Pasta King,</b> <b>Baked Potatoes,</b> <b>A selection of Sandwiches,</b> <b>Paninis &amp; Baguettes</b>	<b>Pasta King,</b> <b>Baked Potatoes,</b> <b>A selection of Sandwiches,</b> <b>Paninis &amp; Baguettes</b>
<b>Today's Fresh Vegetables</b>	<b>Green Beans</b> <b>Sweetcorn</b>	<b>Broccoli</b> <b>Sweetcorn</b>	<b>Seasonal Cabbage</b> <b>Carrot Batons</b>	<b>Roasted Vegetables</b>	<b>Peas, Carrot Batons &amp; Baked Beans</b>
<b>Daily Salad Bar</b>	<b>Choice of Fresh Seasonal Salads</b>	<b>Choice of Fresh Seasonal Salads</b>	<b>Choice of Fresh Seasonal Salads</b>	<b>Choice of Fresh Seasonal Salads</b>	<b>Choice of Fresh Seasonal Salads</b>
<b>Desserts</b>	<b>Strawberry Ice Cream</b> <i>with Fruit Slices*</i>	<b>Raspberry Ripple Cake</b> <i>with Fruit Slices*</i>	<b>Peach Slice*</b> <i>with Custard</i>	<b>Shortbread Fingers</b> <i>with Fruit Slices*</i>	<b>Pineapple Upside Down Cake**</b> <i>with Custard</i>

Cool Water, Fresh Bread, Fruit Juice, Organic Milk, Yoghurt & Fresh Fruit served daily

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