



Week 1

Primary Menu November 2011 – April 2012



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Curry Chicken marinated in Indian spices and cooked in a mild tikka sauce	Traditional Sausages Traditional bangers served in a gravy	Pasta Bolognese 'S' Minced beef with onions in a herby tomato sauce served with pasta	Roast Beef with Yorkshire Pudding Tender slices of roast beef served with a Yorkshire pudding	Salmon Fish Fingers A mix of salmon and mashed potato encased in breadcrumbs
Stir Fry Vegetables with Noodles A selection of vegetables stir fried with noodles and a savoury Chinese gravy	Veggie Sausages A vegetable sausage served in an onion gravy	Macaroni Cheese Tubes of pasta in a cheese sauce baked in the oven	Vegetable Parcels 'S' A pastry envelope filled with chunky seasonal vegetables	Cheese & Tomato Pizza 'S' A floury base topped with grated cheese and a tomato base
Sweet Corn	Country Style Mixed Vegetables 'S'	Braised Leeks 'S' Green Beans	Sprouts 'S' Sliced Carrots 'S'	Baked Beans Garden Peas 'S'
Rice Naan Bread	Creamed Potatoes 'S'	Garlic Bread	Roast Potatoes 'S'	Chips

Fresh Seasonal Salad available daily. Jacket Potatoes available as an alternative to the main meal.

Oatmeal & Raisin Cookies A soft chewy biscuit filled with juicy raisins	Syrup Sponge & Custard A steamed springy sponge with a luscious syrup topping	Banana Shortbread 'S' A crisp crumbly biscuit flavoured with bananas	Chocolate & Cherry Cake 'S' A moist chocolate sponge packed with cherries	Apple Pie & Custard 'S' A crumbly mouth watering pastry case filled with a tarty apple filling
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Fresh Fruit available daily as an alternative to the dessert of the day

'S' represents seasonal produce



Week 2

Primary Menu November 2011 – April 2012



Monday	Tuesday	Wednesday	Thursday	Friday
Barbecue Chicken Pizza A floury base with a tomato, bbq chicken and cheese topping	Minced Beef and Onion Pie Minced beef, onions and veggies in a rich gravy topped with a mouth watering pastry lid	Meatballs in a Tomato Sauce 'S' Minced lamb formed into balls and sealed then cooked in a rich tomato sauce	Roast Chicken with Seasoning A succulent piece of chicken and seasoning served with gravy	Breaded Fish with a Slice of Lemon Breaded fish fillet baked in the oven
Cheese Omelette A fluffy egg case oozing with cheese	Vegetable Slice 'S' Layers of seasonal vegetables topped with sliced potatoes	Vegetable Curry 'S' Seasonal vegetables and onions served in a spice infused sauce	Cauliflower & Broccoli Bake 'S' Florets of broccoli and cauliflower baked in a creamy cheese sauce	Homemade Cheese & Onion Pasty 'S' A pastry envelope filled with a mix of fluffy mashed potatoes and cheese & onion
Sunshine Salad Baked Beans	Broccoli Carrots 'S'	Peas & Sweet Corn Mix	Roast Parsnips 'S' Glazed Carrots 'S'	Baked Beans Garden Peas 'S'
Herby Diced Potatoes	Mashed Potatoes 'S'	Fusilli Pasta Garlic Bread	Roast Potatoes 'S'	Chips

Fresh Seasonal Salad available daily. Jacket Potatoes available as an alternative to the main meal.

Chocolate Crispy Cakes Rice crispy puffs coated in chocolate then set in the fridge	Orchard Fruit Crumble with Custard 'S' A mix of seasonal autumn fruits with a crispy crumb topping	Lemon Cake Slice A tangy luscious sponge cake	Fruit Flapjack 'S' A sweet bar of oats, fruit and syrup	Pineapple Sponge with Ice Cream A moist cake filled with pineapples
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Fresh Fruit available daily as an alternative to the dessert of the day

'S' represents seasonal produce



Week 3

Primary Menu November 2011 – April 2012



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken & Sweet Corn Pasta Bake 'S' Chicken pieces with sweet corn in a creamy white sauce	Savoury Mince in a Yorkshire Pudding Minced meat in a savoury gravy served in a Yorkshire pudding	Chicken Burger in a Bun Succulent chicken pieces served in a bun	Roast Pork with Seasoning Succulent slices of pork with seasoning	Fish Fingers A finger of fish breaded
Vegetarian Ravioli 'S' A pasta parcel filled with vegetables in a tomato sauce	Savoury Quorn Mince in a Yorkshire Pudding Minced quorn in a savoury gravy served in a Yorkshire pudding	Veggie Burger in a Bun A patty of vegetables served in a bread bun with a salad garnish	Cheese and Potato Pie 'S' Fluffy mashed potatoes with cheese and onions in a crumbly pastry base	Squeaky Cakes 'S' Mashed potato and vegetables coated in breadcrumbs and baked
Country Mixed Vegetables 'S'	Cauliflower 'S' Green Beans	Sweet Corn	Carrots 'S' Cabbage 'S'	Baked Beans Garden Peas
Fusilli Pasta Garlic Bread	Roast Potatoes 'S'	Chips	Roast Potatoes 'S'	Savoury Wedges 'S'

Fresh Seasonal Salad available daily. Jacket Potatoes available as an alternative to the main meal.

Apple Sponge & Custard 'S' A moist springy sponge filled with apples	Cheese & Crackers with Celery Cheese, crackers and celery sticks	Fruit Crumble & Custard 'S' Seasonal fruit with a crumbly crisp topping	Chocolate & Orange Brownie Chocolate & orange biscuit bar	Strawberry Rice Pudding A milk sauce with cooked rice, flavoured with strawberry, vanilla and nutmeg
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Fresh Fruit available daily as an alternative to the dessert of the day

'S' represents seasonal produce