









## SENIOR SCHOOL AUTUMN/WINTER MENU

3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Meat Free Day</i></p> <p><b>Vegetable curry</b> Seasonal vegetables in spiced curry Indian spices with coconut</p>	<p><b>Roast Chicken Portions</b> With gravy</p>	<p><b>Spaghetti Bolognaise</b> With Parmesan cheese</p>	<p><b>Beef &amp; Mushroom Stroganoff</b> Diced succulent pieces of beef with sliced mushrooms in a cream sauce</p>	<p><b>Oven Baked Battered Haddock</b> With lemon wedges &amp; tartar sauce</p> 
<p><b>Simply grilled salmon</b></p> 		<p><b>Bolognaise</b> With Gluten Free Pasta</p> 		<p><b>Steamed White Fish</b> In tomato &amp; basil sauce</p> 
	<p><b>Vegetable Wellington</b> With vegetarian gravy</p> 	<p><b>Vegetable Bolognaise</b></p> 	<p><b>Vegetable Stroganoff</b> Seasonal vegetables in cream sauce</p> 	<p><b>Crunchy Stir fry</b> Vegetable wrap</p> 
<p><b>Steamed Broccoli Florets</b> Steamed brown rice</p>	<p><b>Steamed Green Cabbage</b> Roast Potatoes</p>	<p><b>Garden Peas</b> Plain Spaghetti</p>	<p><b>Steamed Green Beans</b> Paprika rice</p>	<p><b>Garden Peas/ Baked Beans</b> Oven Baked Potatoes</p>
<p><b>Chocolate Sponge with chocolate sauce</b></p>	<p><b>Creamy Rice Pudding with Jam</b></p>	<p><b>Vegetarian Lemon Jelly with Cream</b></p>	<p><b>Apple Crumble with custard</b></p>	<p><b>Angel chocolate mousse</b></p>



Gluten free














Sustainable fish



Vegetarian

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Meat free Day</i>  <b>Vege Mince Lasagne</b>                      Layers of vege mince, pasta sheets topped with cream sauce &amp; cheese                      Served with garlic bread</p>	<p><b>Beef Sausages</b>                      With onions &amp; gravy</p>	<p><b>Kashmiri Lamb</b>                      Succulent pieces of diced lamb blended with Indian spices &amp; spinach                      Served with naan bread</p>	<p><b>Chicken &amp; Sweet corn Pie</b>                      Made with wholemeal pastry</p>	<p><b>Oven Baked Battered Cod</b>                      With tartar sauce &amp; lemon wedges</p>
<p><b>Simply Grilled Smoked Mackerel</b></p>  	<p><b>Gluten free Carrot &amp; Coriander Sausages</b></p> 			<p><b>Grilled White Fish</b>                      With lemon &amp; herb dressing</p> 
<p><b>Vegetable Lasagne</b></p> 	<p><b>Sweet Potato, Chick Pea, Lentil Hot Pot</b></p>  	<p><b>Aubergine Tikka masala</b>                      Diced aubergines in sweet tomato Asian curry spices                      With naan bread</p>  	<p><b>3 Cheese Tomato Quiche</b></p> 	<p><b>Sweet Chilli Noodles</b>                      Chinese style vegetables mixed with sweet chilli sauce &amp; egg noodles</p> 
<p><b>Steamed Broccoli Florets</b>                      Green Salad</p>	<p><b>Green Cabbage</b>                      Freshly made creamed potato</p>	<p><b>Steamed Green Beans</b>                      Fragrant Yellow Rice</p>	<p><b>Steamed Broccoli Florets</b>                      Parsley Boiled Potatoes</p>	<p><b>Garden Peas/Baked Beans</b>                      Oven Baked Potatoes</p>
<p><b>Syrup Sponge With custard</b></p>	<p><b>Cherry pie</b>                      With cream</p>	<p><b>Ginger sponge</b>                      With custard</p>	<p><b>Pear crumble</b> With Custard</p>	<p><b>Traditional homemade bread pudding</b>                      With cream</p>



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Meat Free Day</i>  <b>Classic macaroni cheese</b></p>	<p><b>Minced Beef &amp; Onion pie</b>  <b>With wholemeal pastry</b></p>	<p><b>Piri Piri Chicken</b>  <b>Portuguese style</b>  <b>spiced chicken</b>  <b>drumsticks</b></p>	<p><b>Lamb &amp; Mint</b>  <b>Burgers</b>  <b>With onions &amp; gravy</b></p>	<p><b>Oven Baked</b>  <b>Battered</b>  <b>Haddock</b>  <b>With lemon</b>  <b>wedges &amp; tartar</b>  <b>sauce</b></p> 
<p><b>Salmon bake</b>  <b>With gluten free pasta</b></p> 	<p><b>Gluten free Pasta with</b>  <b>minced beef</b></p> 	<p><b>Plain Chicken</b>  <b>drumsticks</b></p>	<p><b>Gluten Free Pasta in</b>  <b>Italian sauce</b></p> 	<p><b>Steamed White</b>  <b>Fish</b>  <b>With cheese</b>  <b>sauce</b></p> 
	<p><b>Vegetable Lentil Burger</b>  <b>With onions</b></p> 	<p><b>Quorn paella</b></p> 	<p><b>Italian Tomato Pasta</b>  <b>Bake</b></p> 	<p><b>Caribbean</b>  <b>vegetable pattie</b></p> 
<p><b>Steamed Broccoli</b>  <b>Florets</b>  <b>New Potatoes</b></p>	<p><b>Garden Peas</b>  <b>Parsley Potatoes</b></p>	<p><b>Steamed Broccoli</b>  <b>Florets</b>  <b>Jewelled brown rice</b></p>	<p><b>Steamed Green Beans</b>  <b>Freshly made</b>  <b>creamed potato</b></p>	<p><b>Garden Peas/</b>  <b>Baked Beans</b>  <b>Oven Baked</b>  <b>Potatoes</b></p>
<p><b>Mixed Fruit Crumble</b>  <b>with custard</b></p>	<p><b>Chocolate chip, sultana,</b>  <b>bread &amp; butter pudding</b>  <b>With cream</b></p>	<p><b>Lemon cheesecake</b></p>	<p><b>Apricot sponge with</b>  <b>custard</b></p>	<p><b>Fresh Fruit Salad</b></p>



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