

Primary Menu Winter 2009/10

WEEK 1

**Week Commencing – Autumn Term - 2nd November 2009, 23rd November 2009, 14th December 2009
Spring Term 2010 – 18th January 2010, 8th February 2010, 8th March 2010, 29th March 2010**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal	Pizza	Chicken Casserole	Meatballs in a Tomato Sauce Dry Meatballs	Roast Beef Yorkshire Pudding & Gravy	Fish Fingers
Meal	Tuna Pasta Bake	Veggie Sausage Casserole Dry Sausages	Cheese & Potato Pie Baked Fish	Veggie Yorkie Chilli	Macaroni Cheese
Potato or Bread	Mash Potato Wedges or French Stick	Creamed Potato or Granary Wedge	Mash Rice or Wholemeal Roll	Mash Roast Potatoes or Wholemeal Herby bread	Chips or Mash
Vegetable/ Beans	Sweetcorn / Baked Beans	Broccoli / Mixed Vegetables	Peas / Sweetcorn	Parsnip / Carrots	Baked Beans / Peas
Dessert	Butterscotch Whip & Mini Shortbread Cookie	Oaty Fruit Crunch & Strawberry Sauce	Chocolate Drizzled Swiss Bun & Slice of Fruit	Apple Crumble & Custard	Jam Sponge & Custard
Fresh Fruit ,Yogurt or Cheese and Biscuits are available as an alternative dessert. Bread, mash, gravy and custard daily.					

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WEEK 2

**Week Commencing – Autumn Term - 9th November 2009, 30th November 2009,
Spring Term 2010 – 4th January 2010, 25th January 2010, 22nd February 2010, 15th March 2010,**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal	Chicken & Sweetcorn Bake	Pizza	Laser Layer (Sliced Potato Beef Mince & cheese Sauce)	Roast Pork stuffing Veggie Sausages	Baked Fish
Meal	Cheese & Baked Bean Jacket Potato	Spaghetti Carbonara	Broccoli & Cauliflower Cheese	Beanie Hotpot	Vegetable Curry
Potato or Bread	Mash or French Stick	Mash or Wholemeal Herby Wedge Bread	Herby Dice Potatoes or Garlic Bread Mash	Roast Potatoes or Bread Wedge Mash	Chips or Mash
Vegetable/ Beans	Broccoli / Mixed Vegetables	Peas / Carrots	Sweetcorn / Baked Beans	Cabbage / Carrots	Baked Beans / Peas
Dessert	Flapjack Finger & Fruit Juice	Chocolate Crunch & Chocolate Sauce	Apricot Layer & Custard	Sticky Toffee Pudding	Chocolate Cracknel & Slice of Fruit
Fresh Fruit, Yogurt or Cheese and Biscuits are available as an alternative dessert. Bread, mash, gravy and custard daily.					

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WEEK 3

**Week Commencing – Autumn Term - 16th November 2009, 7th December 2009,
Spring Term 2010 – 11th January 2010, 1st February 2010, 1st March 2010, 22nd March 2010**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal	Toad-in-the-Hole & Gravy	Chicken & Sweetcorn Pie	Beef Lasagne	Roast Turkey Stuffing & Gravy	Salmon Bites with tomato sauce
Meal	Vegetarian Toad-in-the-Hole & Gravy	Roasted Vegetable Bake	Vegetable Potato Casserole	Vegetable Quiche	Cheese Jacket Potato
Potato or Bread	Creamed Potatoes or wholemeal Roll	Crunchy Potato Wedges or French Stick slice Mash	Boiled Potatoes or Herby Bread	Roast Potatoes or Granary Wedge Mash	Chips or Mash
Vegetable/ Beans	Carrots / Cauliflower	Carrots / Sweetcorn	Mixed Vegetables / Broccoli	Medley of Winter Vegetables / Cabbage	Baked Beans / Peas
Dessert	Cherry Love Cake & Custard	Jelly & Mini Shortbread Biscuit	Marble Crunch with Chocolate Sauce	Carrot & Orange Cake & Custard	Iced Chocolate Muffin
Fresh Fruit, Yogurt or Cheese and Biscuits are available as an alternative dessert. Bread, mash, gravy and custard daily.					