

Autumn/Winter Menu 2017/18

Week	Day	Mains		Sides			Puddings
		Meat	Vegetarian				
Week 1 Week commencing 4 th September, 25 th September, 16 th October, 13 th November, 4 th December, 1 st January, 22 nd January	Monday	Breaded chicken wrapster ³ Sweet chilli sauce or garlic mayonnaise ^{11,14}	Vegetable pinwheel ^{1,3,6,11}	Baked potato wedges or 1/2 jacket potato	Baked beans	Coleslaw ^{11,14}	Peach & apricot crumble ³ Custard ¹
	Tuesday	Pasta bar Penne pasta with beef bolognese ³	Pasta bar Penne pasta with tomato & basil or creamy cheese sauce ^{1,14}	Garlic bread ^{1,3,6,11}	Sweetcorn	Tomato & spinach salad	Lemon drizzle cake ^{1,3,11}
	Wednesday	Honey roasted gammon Gravy ¹²	Vegetable grill ³	Roast potatoes	Cabbage	Carrots	Ice cream ¹ / mousse ¹
	Thursday	Chicken & sweetcorn pie ^{1,3,11,12,13} Gravy ¹²	Vegetable tagine ^{12,13} Cous cous ³	Creamy mashed potato ¹	Winter root vegetables	Broccoli	Funky fruit
	Friday	Cod fish fingers ^{2,3} Poached salmon ⁵	Cauliflower cheese ^{1,14}	Chips	Garden peas	Baked beans	Spiced shortbread ³ Frozen raspberry yoghurt ¹
Week 2 Week commencing 11 th September, 2 nd October, 30 th October, 20 th November, 11 th December, 8 th January, 29 th January	Monday	Pizza bar Pepperoni pizza ^{1,3,6,11}	Pizza bar Margarita pizza ^{1,3,6,11}	1/2 Jacket potato	Garden salad ¹⁴	Green beans	Carrot cake ^{3,11}
	Tuesday	Mild chicken curry ¹	Oriental vegetable stir-fry ⁶	Indian bread ^{1,3,6,11}	Brown & white rice	Sweetcorn Grated carrot	Winter fruit goodie ³ Custard ¹
	Wednesday	Roast pork loin with apple sauce Gravy ¹²	Roasted vegetable pot ^{1,3,6,11}	Roast potatoes	Fresh broccoli florets	Root mash	Fruit jelly Frozen fruit smoothies
	Thursday	Minced beef cobbler ^{1,3,12}	Soya mince shepherd's pie ^{1,3,6}	Mashed potato ¹	Cabbage	Carrots	Sticky toffee sponge ^{1,3,11} Custard ¹
	Friday	Crispy battered cod ^{2,3}	Twice baked potatoes with cheddar, broccoli & butternut squash ¹	Chips	Garden peas	Baked beans	Chocolate tart ^{1,3}
Week 3 Week commencing 18 th September, 9 th October, 6 th November, 27 th November, 18 th December, 15 th January, 5 th February	Monday	Sausage bar Sausages ^{1,3,6,11,12,13} Onion gravy ¹²	Sausage bar Quorn sausage ^{1,3,11} Onion gravy ¹²	Creamy mashed potatoes ¹	Sweetcorn	Baked beans	Chocolate cake ^{1,3,11} Mandarins & chocolate sauce ¹
	Tuesday	Beef enchiladas ³	Macaroni cheese ^{1,3,14}	Seasoned baked potatoes & sweet potatoes	Steamed green beans	Garden salad ¹⁴	Funky fruit day
	Wednesday	Roast turkey with sage & onion stuffing ³ Gravy ¹²	Vegetarian quesadillas ^{1,3} Sour cream ¹	Roast potatoes	Carrots	Cauliflower	Vanilla ice cream ¹ / mousse ¹
	Thursday	BBQ chicken ^{3,6}	Bombay biryani ^{12,13}	Sunshine rice ^{12,13}	Sweetcorn	Broccoli	Jam tart ³ Custard ¹
	Friday	Battered cod goujons ^{2,3}	Mediterranean quiche ^{1,3,11}	Chips	Garden peas	Baked beans	Assorted biscuits ³



Food for life
We are proud holders of Soil Association bronze Food for Life standard



MSC
All our fish is sustainable sourced and accredited by the Marine Stewardship Council



ISO 9001
Principals is accredited to the ISO 9001/2008 quality management system



We work with butchers that source meat from farmers certified by Red Tractor and RSPCA Freedom Foods

Also available everyday: Jacket potatoes with fillings, assorted salads, fresh bread of the day^{1,6,11}, fresh fruit or yoghurt¹ Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard