

School Lunch Menu Winter 2018/19

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pizza – choice of cheese and tomato or smoky BBQ	Roast Pork with stuffing, Yorkshire pudding, gravy and apple sauce	Sticky sausages	Homemade chicken and sweet potato curry	Bubble crumb fish fillet
Vegetarian		Autumn vegetable loaf	Linda McCartney veggie sausages	Homemade veggie curry	Vegetable nuggets
Vegetables and accompaniments	Winter coleslaw Mixed green salad	Roast potatoes and seasonal vegetables	Cheesy mash, broccoli and peas	Mixed rice, naan bread strip and mixed green salad	Crispy chips and garden peas or baked beans
Alternative	Freshly baked baguettes with a daily choice of fillings or a jacket potato with baked beans, cheese or tuna also available				
Dessert	Chocolate brownie	Winterberry jelly with cream	Chocolate and vanilla marble cake with custard	Oaty apple crumble with custard	Chocolate crispy cake

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Spaghetti Bolognese with garlic bread	Roast chicken with stuffing, Yorkshire pudding and gravy	Fruity pork meatballs	Cottage pie with cheesy mash	Jumbo fish finger
Vegetarian	Pasta Napolitano with garlic bread	Herby Quorn fillet with stuffing, Yorkshire pudding and gravy	Quorn meatballs	Gardeners pie (butternut squash, carrots, sweetcorn and broccoli, with a cheesy top)	Vegetable nuggets
Vegetables and accompaniments	Fresh broccoli florets	Roast potatoes, fresh sliced carrots and cauliflower florets	Mixed rice and garden peas	Green beans and sweetcorn	Crispy chips and garden peas or baked beans
Alternative	Freshly baked baguettes with a daily choice of fillings or a jacket potato with baked beans, cheese or tuna also available				
Dessert	Fruit salad platter	Mandarin orange zingy jelly with ice cream	Chocolate sponge with chocolate custard	Homemade carrot cake with a yoghurt drizzle	Cherry shortbread

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni cheese	Roast beef with Yorkshire pudding, horseradish sauce and gravy	Homemade sausage roll	Butchers beef burger in a bun with baked onions	Fishwich- a fillet of fish served in a bun
Vegetarian		Autumn vegetable loaf	Cheddar whirls	Veggie burger in a bun with baked onions	Spicy bean fillet in a bun
Vegetables and accompaniments	Peas and mixed salad	New potatoes with seasonal vegetables	Creamy mashed potatoes, fresh broccoli and green beans	Mixed rice and sweetcorn	Chips and a large salad bar
Alternative	Freshly baked baguettes with a daily choice of fillings or a jacket potato with baked beans, cheese or tuna also available				
Dessert	Sticky toffee cake and custard	Fruit salad and squirty cream	Ice cream with mandarins	Marble cake with custard	Flapjack

Every day we serve a choice of freshly baked baguettes with a wide selection of fillings or jacket potatoes with baked beans and grated cheese.

Yoghurts and a fresh fruit basket are available as an alternative to dessert.

Fresh juice, milk and water are available every day.

Our meat is delivered from Burton's butchers in Saffron Walden. Our fruit, vegetables and salads are from Reading's in Braintree