



Autumn/Winter Menu 2019/20



WEEK 1 – for weeks commencing: 28/10/19, 18/11/19, 9/12/19, 13/1/20, 3/2/20, 2/3/20, 23/3/20

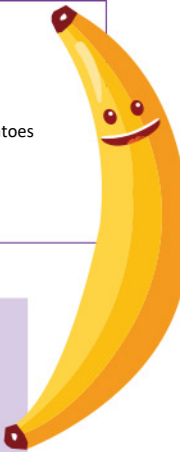
	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE	Mediterranean Pasta Bake Roasted Vegetable Pasta Bake	Teresa's Fruity Moroccan Lamb Cauliflower Cheese Fluffy Rice	Roast Turkey & Stuffing Lisa's Roasted Vegetable Plait Roast Potatoes	Meatballs in Tomato Sauce Veggie Balls in Tomato Sauce Oven Baked Wedges	Fish Fingers Denise's Mushroom Flan Chips
	Peas & Carrots Pam's Apple Crumble Cake & Custard Fresh Fruit	Sweetcorn Muffin Fresh Fruit	Parsnips & Carrots Yoghurt Fresh Fruit	Vegetable Medley Strawberry Mousse Fresh Fruit	Baked Beans & Peas Yoghurt Fresh Fruit

Week 2 – for weeks commencing: 4/11/19, 25/11/19, 16/12/19, 20/1/20, 10/2/20, 9/3/20, 30/3/20

WEEK TWO	Sharon's Tropical Chicken Curry Jenny's Sag Aloo Parcel Pilaf Rice	Jacket Potato with Fillings – Cheese, Beans, Tuna, Egg Mayo Vegetable Medley	Sharon's Beef Hotpot Beany Hotpot Creamy Mash Potato Shredded Green Cabbage	Moussaka Vegetable Moussaka Garlic Bread Vegetable Medley	Margherita Pizza Sweetcorn Pizza Chips Baked Beans & Roasted Vegetables
	Peas Fruity Shortbread Fresh Fruit	Chocolate Sponge & Chocolate Sauce Fresh Fruit	Yoghurt Fresh Fruit	Lucy's Apple Strudel & Ice Cream Fresh Fruit	Yoghurt Fresh Fruit

Week 3 – for weeks commencing: 11/11/19, 2/12/19, 6/1/20, 27/1/20, 24/2/20, 16/3/20

WEEK THREE	Beef Bolognese Vegetable Bolognese Spaghetti	Mixed Pepper Quiche Spicy Bean Wrap Herby Diced Potatoes	Roast Beef & Yorkshire Pudding Creamy Fish Pie Roast Potatoes	Suzette's BBQ Chicken Drumstick Veggie Stir Fry Fluffy Rice	Fish Fillet Spanish Omelette Chips
	Sweetcorn Wendy's Crispy Cornflake Tart & Custard Fresh Fruit	Vegetable Medley Ripple sponge & Custard Fresh Fruit	Carrots & Peas Yoghurts Fresh Fruit	Sweetcorn & Peas Emma's Carrot & Apple Cake Fresh Fruit	Baked Beans & Baked Tomatoes Yoghurt Fresh Fruit



Menu subject to change * All meals are freshly cooked at the academy * Our food is cooked using oven baking & steaming methods * We use seasonal fruit & vegetables * All meat is fresh & UK sourced * Milk & yoghurt are available daily * Fresh drinking water is available daily

