

SCHOOL MEALS MENU WINTER 2020-2021

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
WEEK 1	Sausage Casserole Mashed Potatoes Peas and Carrot Doughnuts Low Fat Yoghurt Fresh Fruit	Chicken Chow mein Egg fried Rice Stir fried Veg Low Fat Yoghurt Fresh Fruit	Beef Stew and Dumplings Mashed Potatoes Broccoli and Cauliflower Mix Vanilla Slice Low Fat Yoghurt Fresh Fruit	Pasta Carbonara Tossed Salad Garlic Bread Low Fat Yoghurt Fresh Fruit	Grilled Salmon Sauté Potatoes Broccoli Vanilla Sponge Low Fat Yoghurt Fresh Fruit
WEEK 2	BBQ Pork Steak Boiled Rice Sweet Corn Muffins Low Fat Yoghurt Fresh Fruit	Lamb Meatballs Mashed Potatoes Trio of Veg Low Fat Yoghurt Fresh Fruit	Homemade Chicken Kiev Oven Roasted Wedges Baked Beans Fruit Jelly Low Fat Yoghurt Fresh Fruit	Homemade Sausage Rolls Sauté Potatoes Garden Peas Gravy Low Fat Yoghurt Fresh Fruit	Fish Burger in a Bap Chipped Potatoes Baked Beans Tartare Sauce Chocolate Eclairs Low Fat Yoghurt Fresh Fruit
WEEK 3	Hot Dogs with Onions Chipped Potatoes Baked Beans Fromage Frais Low Fat Yoghurt Fresh Fruit	Homemade Chicken & Veg Pie Creamed Potatoes Roasted Mix Vegetables Gravy Low Fat Yoghurt Fresh Fruit	Lasagne Garlic bread Tossed Salad Chocolate Cream Pudding Low Fat Yoghurt Fresh Fruit	Shredded Beef Mexican Rice Low Fat Yoghurt Fresh Fruit	Baked Cod Provençale Sauce Trio of Vegetable Sautéed Potatoes Chocolate Sponge Low Fat Yoghurt Fresh Fruit
WEEK 4	Baked Ham Pasta Tossed Salad Garlic Bread Apple Pie & Cream Low Fat Yoghurt Fresh Fruit	Braised Steak & Onions Mashed Potatoes Snap Peas Low Fat Yoghurt Fresh Fruit	Fried Chicken Strip Lyonnais Potatoes Baked Beans Chocolate Waffles Low Fat Yoghurt Fresh Fruit	Cottage Pie Mixed Vegetable Gravy Low Fat Yoghurt Fresh Fruit	Cod Fish Fingers Chipped Potatoes Mushy Peas Steamed Fruit Pudding/Sauce Low Fat Yoghurt Fresh Fruit
WEEK 5	Beef Burger in Bap Baked Potato Wedges Baked Beans Fairy Cake Low Fat Yoghurt Fresh Fruit	Sweet and Sour Chicken Balls Vegetable Chow Mein Prawn crackers Low Fat Yoghurt Fresh Fruit	Homemade Meatballs Pasta Twists Garlic Bread Vanilla Slice Low Fat Yoghurt Fresh Fruit	Gammon Steak Chipped Potatoes Baked Beans Low Fat Yoghurt Fresh Fruit	Sole Meuniere Herb Buttered New Potatoes Garden Peas Homemade Biscuits Low Fat Yoghurt Fresh Fruit
WEEK 6	Homemade Pizza Sautéed Potatoes Baked Beans Black Forest Gateau Low Fat Yoghurt Fresh Fruit	Roast Beef + Yorkie Pudding Roasted Potatoes Garden Peas and Carrots /Gravy Low Fat Yoghurt Fresh Fruit	Homemade Chicken Cordon bleu Noisette Potatoes Sweet Corn/ Gravy Chocolate Profiteroles Low Fat Yoghurt Fresh Fruit	Baked Pasta Bolognese Mixed Salad Garlic Bread Low Fat Yoghurt Fresh Fruit	Breaded Fish Cake Potatoes Wedges Baked Beans Maple Syrup Crepes Low Fat Yoghurts Fresh Fruit