



Coombe Wood School Menu Week

1

Spring Menu commencing January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Beef & Vegetable Casserole	Ham Peppers & Sweetcorn Pasta Bake	Roast Chicken With Gravy	Lasagne Al-Forno	Fish Goujons
Cheese Onion & Potato Pie	Thai Green Quorn & Vegetable Curry with Rice	Halloumi Bake	Puy Lentil and Mushroom Stroganoff Pasta	Greek Quesadillas with Tzatziki Sauce
Jacket Potato with Beans or Tuna	Jacket Potato with Cheese or Tuna	Jacket Potato with Beans or Tuna	Jacket Potato with Tuna or Cheese	Jacket Potato with Beans or Cheese
New Potatoes Cauliflower & Peas	Courgette Nicoise Vichy Carrots	Roast Potatoes Medley of Vegetables	Sweetcorn & Roasted Vegetables	Mashed Potatoes Peas Baked Beans

Salad Bar Available Everyday

Rice Pudding	Courgette & Carrot Cake	Fresh Fruit Or Yoghurt	Drop Pancake and Maple Syrup	Strawberry Ice Cream Pot
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We use locally sourced ingredients when available and in season.

All our menus are nutritionally analysed to ensure they meet and in most cases exceed The School Food Standards.



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2

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Chicken Burger in a Bun	Shepherds Pie	British Farm Assured Roast Beef	Chicken Tikka Masala with Rice	MSC Fish Fingers & Tartare Sauce
Vegetarian Burger	Aubergine Parmigiano	Tomato & Roasted Vegetable Risotto	Mexican Courgette Burrito Boat	Vegetarian Sausage & Mash
Jacket Potato with Cheese or Tuna	Jacket Potato with Tuna or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Tuna	Jacket Potato with Beans or Tuna
New Potatoes Sweetcorn Baked Beans	Mash Potatoes Peas Fresh Cauliflower	Roast Potatoes Fresh Broccoli Baton Carrots	Mixed Salad Sweetcorn	Mashed Potatoes Baked Beans
Salad Bar Available Everyday				
Peach & Pear Fruit Pot	Oaty Apple & Pear Crumble With Custard	Fresh Fruit Or Yoghurt	Blueberry Muffin & Custard	Vegetarian Strawberry Mousse Swirl

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Braised Chicken Sausages in Gravy	Red Thai Fish Curry with Rice	Roast Gammon Strip with Gravy	Roast BBQ Chicken with Rice	MSC Breaded Fish Fillet
Vegetarian Sausage Toad in the Hole with Gravy	Macaroni Cheese	Feta Spinach and Roast Pepper Whirl	Sweet Potato & Courgette Bake	Vegetarian Fajita
Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Tuna	Jacket Potato with Beans or Tuna	Jacket Potato with Tuna or Cheese	Jacket Potato with Beans or Cheese
Mash Potatoes Fresh Broccoli Sweetcorn	Medley of Vegetables	Roast New Potatoes Cabbage Baton Carrots	New Potatoes Peas Sweetcorn	Mashed Potatoes Baked Beans

Salad Bar Available Everyday

Pineapple Fruit Pot	Drop Pancakes with Honey or Fruit Compote	Lemon Sponge & Custard	Fresh Fruit or Yoghurt	Vanilla Ice-cream Pot
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