

# This terms menu

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chilli con Carne	<b>THEME DAYS</b>	Roast Pork & Apple Sauce	Cheese Topped Cottage Pie	Fish Dish of the Day
VEGETARIAN	Red Thai Style Vegetable Curry		Vegetable Lasagne	Paprika Stuffed Peppers	Chef's Choice
STARCHY CHOICE	Steamed Rice		Roast Potatoes	Herby Wedges	Chips
VEGETABLES / SALAD	Sweetcorn		Glazed carrots & Cauliflower	Garden peas	Baked Beans & Mushy Peas
TRADITIONAL PUDDINGS	Treacle Sponge		Butterscotch Tart	Chocolate Fudge pudding	Gingerbread

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chicken Rogan Josh	Beef Casserole and Dumplings	Roast Chicken & Stuffing Balls	Lasagne	Fish Dish of the Day
VEGETARIAN	Stir Fried Sweet Chilli Quorn	Winter Vegetable Crumble	Cauliflower Cheese Crisp Bakes	Quorn Bolognese	Chef's Choice
STARCHY CHOICE	Pilaf Rice	Mashed Potatoes	Roast Potatoes	Paprika Potatoes/ Garlic Bread	Chips
VEGETABLES / SALAD	Tomato, cucumber & red onion salad/ minted yogurt	Broccoli & Cauliflower	Cabbage & Carrots	Sweetcorn	Baked Beans & Mushy Peas
TRADITIONAL PUDDINGS	Apple Crumble & Custard	Chocolate Crunch	Manchester Tart	Syrup Sponge	Fruit Pie

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Sweet & Sour Chicken	<b>THEME DAYS</b>	Honey Baked Gammon	Chicken & Leek topped with Herb Crumble	Fish Dish of the Day
VEGETARIAN	Vegetable Chilli		Quorn toad in the hole	Macaroni Cheese	Chef's Choice
STARCHY CHOICE	Noodles		Roast Potatoes	Parsley Potatoes	Chips
VEGETABLES / SALAD	Stir Fry Vegetables		Roasted Winter Vegetables	Garden Peas & Sweetcorn	Baked Beans & Mushy Peas
TRADITIONAL PUDDINGS	Chocolate Sponge		Treacle Tart	Eves Pudding	Banana Bread & Custard

WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Pot Roast Pork	Lancashire Hotpot	Roast Turkey & Cranberry Sauce	Salt & Pepper Chicken	Fish Dish of the Day
VEGETARIAN	Roasted Pepper Frittata	Mediterranean Bean Casserole	Roasted Vegetable Tart	Vegetable Stroganoff	Chef's Choice
STARCHY CHOICE	Buttered New Potatoes	Herby Diced Potatoes	Roast Potatoes	Savoury Rice	Chips
VEGETABLES / SALAD	Seasonal Vegetables	Cabbage	Carrots & Swede or Salad	Carrots & Garden Peas	Baked Beans & Mushy Peas
TRADITIONAL PUDDINGS	Jam Sponge and Custard	Chocolate Brownie	Cornflake Tart	Flapjack	Filo Mincemeat Parcels