

WEEK 1

WEEK COMMENCING:

Secondary School Sample Menu: Autumn Winter 2018/19



MENU

MAIN MEAL 1

MONDAY

Sausage Hotpot

TUESDAY

Beef Lasagne

WEDNESDAY

Roast Turkey & Stuffing

THURSDAY

Chicken & Vegetable Curry

FRIDAY

Battered Cod

MAIN MEAL 2

Vegetarian Sausage & Bean Hotpot

Vegetarian Lasagne

Cauliflower & Broccoli Bake

Lentil & Chickpea Curry

Mac 'n' Cheese

HOT SNACKS

Jacket Potato with Various Fillings
Baguettes
Wraps
Hot Sandwiches
Pasta Bar

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DELI RANGE

A selection of assorted Hoagies, Sandwiches, Baguettes, Deli Rolls, Salad Pots and Wraps are available daily

SIDES

Pasta
Garlic Bread
Selection of Breads

Parsley Potatoes
Selection of Breads

Roast Potatoes
Selection of Breads

Rice
Naan Bread
Selection of Breads

Chips
Selection of Breads

VEGETABLES & SALAD

Salad Selection
Seasonal Vegetables

Salad Selection
Seasonal Vegetables

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Seasonal Vegetables

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Seasonal Vegetables

Salad Selection
Seasonal Vegetables

DESSERTS

Winter Fruit Crumble & Custard
Fruit Flapjack

Paris Sandwich & Custard
Lemon Muffin

Cornflake Tart & Custard
Apple & Oat Bake Bar

Apple & Blackberry Sponge & Custard
Chocolate Cracknel

Forest Fruit Muffin
Melting Moments

Fresh fruit, yoghurts, bread and a selection of drinks available daily

