

## Primary Autumn / Winter Menu 2017 / 18

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Salmon fish fingers, crisscuts & spaghetti hoops	Chicken korma with basmati rice	Mince and mash with mixed veg	Roast gammon, roast potatoes, carrots, cauliflower & gravy	Harry Ramsden's fish fillet, chips & peas (mushy or garden)
Soup		Tomato & basil soup		Leek and potato soup	
Light Choice	Cheese / tuna / beans jacket potato	Tuna / cheese / ham / egg / filled roll	Cheese / tuna / beans jacket potato	Tuna / cheese / ham / egg / panini	Cheese / tuna / beans jacket potato
Dessert	Sponge and custard	Flapjack	Apple and blackberry pie and custard	Muffin	Iced fairy cake with sprinkles
Contains	Wheat, Cereals Containing Gluten, Fish, Milk, Mustard, Eggs	Wheat, Soya, Milk, Cereals Containing Gluten, Eggs, Mustard, Fish, Celery	Wheat, Soya, Milk, Cereals Containing Gluten, Mustard, Eggs, Fish, Sulphur Dioxide & Sulphites	Wheat, Soya, Milk, Cereals Containing Gluten, Eggs, Mustard, Fish, Celery	Fish, Wheat, Cereals Containing Gluten, Milk, Mustard, Eggs, Fish, Soya
May Contain		Rye, Oats, Barley, Sulphur Dioxide & Sulphites	Rye, Oats		Rye, Oats, Crustaceans, Molluscs, Sulphur Dioxide & Sulphites

Available Daily: Fresh Fruit, Yoghurt, Water, Milk and Fruit Juice

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Sausage in onion gravy with mash and mixed veg	Chilli boats with rice and mixed salad	Cheese and chorizo pizza with croquettes and spaghetti hoops	Roast chicken, roast potatoes, stuffing, carrot, sprouts & gravy	Fish fingers, chips and beans
Soup		Knorr Cream of Chicken soup		Tomato & basil soup	
Light Choice	Cheese / tuna / beans jacket potato	Tuna / cheese / ham / egg / sandwich	Cheese / tuna / beans jacket potato	Tuna / cheese / ham / egg / filled roll	Cheese / tuna / beans jacket potato
Dessert	Mousse with cream and sprinkles	Sticky toffee pudding and custard	Apple tart and ice cream	Winter berry cheesecake	Cherry crumble and custard
Contains	Wheat, Cereals Containing Gluten, Milk, Mustard, Eggs, Fish	Wheat, Rye, Oats, Barley, Soya, Milk, Eggs, Celery, Cereals Containing Gluten, Mustard, Fish	Wheat, Soya, Milk, Cereals Containing Gluten, Mustard, Eggs, Fish	Wheat, Soya, Milk, Cereals Containing Gluten, Eggs, Mustard, Fish, Celery	Wheat, Sulphur Dioxide & Sulphites, Milk, Soya, Eggs, Cereals Containing Gluten, Fish, Mustard
May Contain	Rye, Oats, Lupin	Rye, Oats, Barley, Sulphur Dioxide & Sulphites	Sulphur Dioxide & Sulphites, Celery, Rye, Oats	Nuts	Rye, Oats

Available Daily: Fresh Fruit, Yoghurt, Water, Milk and Fruit Juice

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	All day breakfast - scrambled egg, bacon, sausage, hash brown & beans	Scouse with beetroot or red cabbage & crusty bread	Pork and carrot grill with mash, broccoli and gravy	Roast beef with roast potatoes, carrots, Yorkshire pudding and gravy	Harry Ramsden's fish fillet, chips & peas (mushy or garden)
Soup		Leek and potato soup		Knorr Cream of Chicken soup	
Light Choice	Cheese / tuna / beans jacket potato	Tuna / cheese / ham / egg / panini	Cheese / tuna / beans jacket potato	Tuna / cheese / ham / egg / sandwich	Cheese / tuna / beans jacket potato
Dessert	Fruit cobbler and custard	Bananas and custard	Rice Pudding	Brownie	Cookie and milkshake
Contains	Wheat, Milk, Eggs, Cereals Containing Gluten, Mustard, Fish, Soya	Wheat, Sesame, Cereals Containing Gluten, Milk, Celery, Soya, Eggs, Mustard, Fish	Milk, Mustard, Eggs, Fish	Wheat, Milk, Eggs, Cereals Containing Gluten, Rye, Oats, Barley, Soya, Celery, Mustard, Fish	Fish, Wheat, Cereals Containing Gluten, Milk, Mustard, Eggs
May Contain	Rye, Oats, Lupin	Nuts, Rye, Oats			Rye, Oats, Soya, Crustaceans, Molluscs, Sulphur Dioxide & Sulphites

Available Daily: Fresh Fruit, Yoghurt, Water, Milk and Fruit Juice