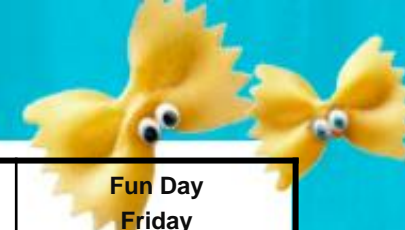


Autumn 2017 Menu

Week 1 – 4/9, 25/9, 16/10, 13/11, 4/12



	Italian Monday	Family Favourites Tuesday	Traditional Wednesday	FPS Pupils Choice Thursday	Fun Day Friday
Hot Main Dish	Cheese & Tomato Pizza Carrots and Peas	Country Chicken Pie with New Potatoes Vegetables and Chickpeas in a Creamy Sauce topped with Pastry Sweetcorn and Broccoli	Roast Gammon and Bud's Crispy Spuds With Gravy Carrots and Seasonal Cabbage	Sweet & Sour Chicken with Rice Mixed Vegetables and Green Beans	Golden Fish Fingers Chips Baked Beans and Peas
Alternative Hot Dish	Cheese and Broccoli Bake Carrots and Peas	Pasta Packs Neapolitan Cheesy Pasta with Tomatoes and Cheese Sweetcorn and Broccoli	Super Quorn Roast Quorn Roast with Roast Potatoes with Gravy Carrots and Seasonal Cabbage	Sweet & Sour Quorn with Rice Mixed Vegetables and Green Beans	Vegetable Curry and Chickpea Wrap with Chips Curried Vegetables with Chickpeas and Rice in a Flour Wrap Baked Beans and Peas
Salad	Selection of Salads Daily				
Jacket Potato Bar	Beef Bolognaise or Baked Beans	Tuna Crunch or Cheese	Chicken Mayo or Baked Beans	Veggie chilli or cheese	Apple Slaw or Baked Beans
Dessert Options	Chocolate Sponge and Mandarin Sponge with Chocolate Sauce or Fresh Fruit Yoghurt	Crunchy Plum Crumble* with Custard or Fresh Fruit Yoghurt	Berry Chill or Fresh Fruit Yoghurt	Oatie Biscuit With Milk Fresh Fruit Selection Yoghurt	Ice-cream Pot Fresh Fruit Yoghurt

Cool Water, Fresh Fruit and Yoghurt served daily

*Fruit Based **Wholegrain



Autumn 2017 Menu

Week 2 - 11/9, 2/10, 30/10, 20/11, 11/12



	Italian Monday	Family Favourites Tuesday	Traditional Wednesday	FPS Pupils Choice Thursday	Fun Day Friday
Hot Main Dish	Macaroni Cheese Broccoli and Carrots	Chunky Chicken Bites with Chips Home Made Breaded Chicken Peas and Tomato Salsa	Roast Chicken with Bud's Crispy Spuds & Gravy Cauliflower and Seasonal Cabbage	Turkey Burger in a Bun Peas and Carrots	Crispy Salmon Fillet Or Golden Fish Fingers with Chips Baked Beans and Sweetcorn
Alternative Dish	Vege Balls in Tomato Sauce with Rice Vegetarian Meatballs in a rich Tomato Sauce Broccoli and Carrots	Cheese and Red Onion Quiche with Chips Peas and Tomato Salsa	Quorn Roast with Bud's Crispy Spuds & Gravy Cauliflower and Seasonal Cabbage	Quorn Wraps Peas and Carrots	Vegetable Lasagne with Chips Baked Beans and Sweetcorn
Salad Selection	Selection of Salads Daily				
Jacket Potato Bar	Veggie Balls or Cheese	Chicken Mayo or Baked Beans	Veggie Mince or Cheese	Tuna Mayo or Cheese	Baked Beans or Vegetable and Tomato Sauce
Dessert Options	Berry Flapjack With Custard or Fresh Fruit Yoghurt	Biscuit's with Milk or Fresh Fruit Yoghurt	Mini Brownie with Banana Slices* or Fresh Fruit Yoghurt	Pineapple Upside Down Cake* with Custard or Fresh Fruit Yoghurt	Strawberry Fro or Fresh Fruit Yoghurt
Cool Water, Fresh Fruit and Yoghurt served daily *Fruit Based **Wholegrain					



Autumn 2017 Menu

Week 3 - 18/9, 9/10, 6/11, 27/11, 18/12



	Italian Monday	Family Favourites Tuesday	Traditional Wednesday	FPS Pupils Choice Thursday	Fun Day
Hot Main Dish	Cheese and Tomato Pizza with Tomatoes and Mozzarella Oven Baked Wedges, Peas and Baked Beans	Sausages with a Mash Mountain Pork Sausages with a Creamy Mash and Gravy Mixed Vegetables and Green Beans	Roast Turkey with Bud's Crispy Spuds with Gravy Seasonal Cabbage and Carrots	Chicken Wraps Sweetcorn and Broccoli	Breaded Fish Fingers with Chips Baked Beans and Crunchy Coleslaw
Alternative Dish	Pasta Pack's Tomato & Basil Pasta** Rich Tomato and Basil Sauce with Wholemeal Pasta Peas and Baked Beans	Vegetarian Bangers with a Mash Mountain Vegetarian Sausages with a Creamy Mash and Gravy Mixed Vegetables and Green Beans	Quorn Roast with Bud's Crispy Spuds and Gravy Seasonal Cabbage and Carrots	Spaghetti with Tomato Sauce Sweetcorn and Broccoli	Cheese & Potato Bake with Chips Baked Beans and Coleslaw
Salad Selection	Selection of Salads available Daily				
Jacket Potato Bar	Cheese or Baked Beans	Tuna and Sweetcorn or Sausage and Tomato Casserole	Turkey Mayo or Cheese	Beef Bolognese or Baked Beans	Cheese or Crunchy Light Coleslaw
Desserts	Silvertop's Cool Ice-Cream Pot or Fresh Fruit Yoghurt	Raspberry Loaf Cake with Custard or Fresh Fruit Yoghurt	Chocolate Crispy Fresh Fruit Yoghurt	Iced Fruit Sponge Fresh Fruit Yoghurt	Oatie Apple Crumble* with Custard Fresh Fruit Yoghurt
Cool Water, Fresh Fruit and Yoghurt served daily *Fruit Based **Wholegrain					

