

PRIMARY MENU - AUTUMN / WINTER - OCTOBER 2018 - ALL SAINTS



School Food Standards Compliance Key

	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK 1	Tuna Pasta Bake with Freshly Made Herby Focaccia	Traditional Cottage Pie with Gravy	Roast Chicken with Sage and Onion Stuffing, Roast Potatoes and Gravy	BBQ Chicken Wrap	Fish Fingers with Freshly Made Tomato Ketchup and Chips	VEGETARIAN NON-DAIRY X 3 MIN
	Margarita Pizza with New Potato Salad	Jollof Style Rice with Flatbread (West African Savoury Rice)	*Freshly Made Vegetarian Sausage Roll with Roast Potatoes and Gravy	Roasted Vegetable and Bean Pasta with Tomato Sauce	*Cheese and Tomato Quiche with Chips	*PASTRY X 2 MAX
	***	***	***	***	***	50:50 FRUIT DESSERT X 2 MIN
	Sweetcorn and Cauliflower	Carrots and Green Beans	Green Cabbage and Parsnips	Broccoli and Swede	Baked Beans and Garden Peas	STARCH COOKED IN OIL X 2 MAX
	Freshly Made Bread	Freshly Made Bread	Freshly Made Bread	Freshly Made Bread	Freshly Made Bread	MEAT PRODUCT X 1 MAX
	***	***	***	***	***	WHOLEGRAIN X 1 MIN
	Pineapple Cake with Custard	Chocolate and Beetroot Brownie with a Glass of Milk	Courgette, Orange and Apricot Bake with Custard	Spiced Apple Cake with Custard	EasiYo Strawberry Mousse topped with Fresh Fruit	CLASSROOM COOKS
	Freshly Made EasiYo Yoghurt Seasonal Fresh Fruit Platter	Freshly Made EasiYo Yoghurt Seasonal Fresh Fruit Platter	Freshly Made EasiYo Yoghurt Seasonal Fresh Fruit Platter	Freshly Made EasiYo Yoghurt Seasonal Fresh Fruit Platter	Freshly Made EasiYo Yoghurt Seasonal Fresh Fruit Platter	
WEEK 2	Jacket Potato Bar with Chilli Con Carne, Tuna Mayonnaise or Cheese and Beans	Greek Style Pasticcio (Bolognese, Pasta Quills and Bechamel Sauce)	Beef Casserole with Roast Potatoes and Gravy	Chicken Sausages with Mash and Gravy	Breaded Fish Fillet with Lemon Mayonnaise and Chips	SCHOOL MENU VARIATIONS: Please select which option, where two choices are given: Week 1 Tuesday / Week 2 Wednesday / Week 3 Tuesday / Week 3 Wednesday
		Moroccan Chickpea Tagine with Rice	Vegetable, Lentil and Cauliflower Roast with Roast Potatoes and Gravy	*Vegetable Pie with Mash and Gravy	Falafel Wrap with Lemon Mayonnaise and Chips	
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	Sweetcorn and Crunchy Coleslaw	Cauliflower and Green Beans	Carrots and Cabbage	Swede and Broccoli	Baked Beans and Garden Peas	
	Freshly Made Bread	Freshly Made Bread	Freshly Made Bread	Freshly Made Bread	Freshly Made Bread	
	***	***	***	***	***	
	Creamy Rice Pudding with Fruity Compote	Parsnip and Coconut Flapjack with Banana and a Glass of Milk	Chocolate and Mandarin Puddle Pudding with Custard	Carrot and Courgette Cake with Custard	EasiYo Fruit Mousse topped with Peaches	
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WEEK 3	Macaroni Cheese with Freshly Made Tomato Bread	Chicken Curry with Rice	Roast Chicken with Sage and Onion Stuffing, Roast Potatoes and Gravy	Beef Burger in a Bap with Half a Jacket Potato	Fish Fingers or Salmon Fish Fingers with Freshly Made Tomato Ketchup and Chips	
	Vegetarian Sausage Hot Dog with Freshly Made Tomato Relish and Potato Salad	Cheesy Tomato and Basil Pasta Twists	Creamy Vegetables Topped with Sage and Onion Crumble with Roast Potatoes	Vegetable Lasagne	*Vegetable and Bean Pasty with Chips	
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	Roasted Vegetables and Broccoli	Green Beans and Cauliflower	Parsnips and Carrots	Redsław and Sweetcorn	Baked Beans and Garden Peas	
	Freshly Made Bread	Freshly Made Bread	Freshly Made Bread	Freshly Made Bread	Freshly Made Bread	
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	Wholemeal Pear and Chocolate Cake with Chocolate Sauce	Apple Taco with Natural Yoghurt	Peach Marble Sponge with Custard	Sticky Date and Toffee Pudding with Custard	Orange and Butternut Squash Cookie with Fruit Slices and Natural Yoghurt	
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