# Autumn/Winter 2019 Menu Week One

Flanderwell Primary

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| **Primary Menu****Week One** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Main Course 1** | Traditional Sausage & Mash | Winter Chicken CasseroleWith Boiled Potatoes | Roast of the Day & all the trimmings | British Savoury Beef & onion pie with Mash | Battered Fish Fillet and chips with tomato ketchup |
| **Main Course 2** | Pasta Bolognese with veggie mince | Margherita Pizza with ½ Jacket Potato | Chickpea & lentil roast or Quorn roast & all the trimmings | (Organic) Mac n Cheese (v) | Vegetable curry & wholegrain rice (v) |
| **Vegetables** | CauliflowerMixed vegetables | BroccoliWinter Coleslaw | Savoy cabbageSweetcorn | Green beansCarrots | Garden peasBaked beans |
| **Jacket Potato Option** | Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans, Jacket of the Day |
| **Sandwiches** | Fresh Sandwiches made daily on wholemeal bread or Baguettes with a choice of fillings: Tuna, Cheese, Ham or Egg |
| **Dessert** | Ginger Sponge Vanilla Sauce/Custard | Fruity Flapjack & Apple Slices 50% | Chocolate Sponge & Chocolate Sauce | Jam Sponge & Custard | Oaty Biscuit/Shortbread & Fruit Wedges 50% |

Available Daily Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts



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| **Primary Menu Week Two** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Main Course 1** | Beef & Tomato Meatballs in Tomato Sauce with (organic pasta) | British mild Chicken curry with brown rice | Roast of the day with all the trimmings | (Organic) Beef Pasta Bolognese & Garlic bread | MSC Salmon Fish fingers or MSC Pollack Fish Fingers and chips & tomato ketchup |
| **Main Course 2** | Wholemeal Pizza Slice Half Jacket Potato(v) | Tomato and Basil pasta NDP | Quorn roast & all the trimmings Or Chick pea & lentil roast (v) | British Cheddar Quiche/Flan Or Vegetable grill with homemade potato wedges (v) | Quorn fajita & chips or Vegetable sausage fajita |
| **Vegetables** | Garden peasFresh salad | CarrotsGreen beans  | Cauliflower Mixed vegetables | BroccoliSweetcorn | Garden peasBaked beans |
| **Jacket Potato Option** | Freshly Baked Jacket Potato with your Choice of Toppings:Tuna & Mayonnaise, Grated Cheese, Baked Beans, Jacket of the Day |
| **Sandwiches** | Fresh Sandwiches made daily on wholemeal bread or Baguettes with a choice of fillings:Tuna, Cheese, Ham or Egg |
| **Dessert** | Hot Chocolate Fudge Cake with Custard | Cornflake Tart& Custard  | Shortbread & Fruit 50% | Feathered Jam Sponge & Custard | Ginger & Mandarin Muffin 50% |

#  Autumn/Winter 2019 Menu Week Two

Flanderwell Primary

**Available Daily S**alad Selection, Fresh Bread, Fresh Fruit and Yoghurts

# Autumn/Winter 2019 Menu Week Three

Flanderwell Primary

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| **Primary Menu Week Three** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Main Course 1** | Beef burger in a Bun Homemade Wedges | Shepherds/Cottage pie | Roast of the day & all the trimmings/Plain | Homemade Chicken Pie & mash | MSC Fish fingers and Chips with Tomato Ketchup |
| **Main Course 2** | Veggie mince chilli with wholegrain rice | Cheesy Margherita pizza (v) | Quorn Roast & all the trimmings or Chick Pea & lentil roast (v) | Tomato, vegetable sausage & (Organic) macaroni Bake | Vegetable enchilada served with Chips (v) |
| **Vegetables** | SweetcornCarrots | BroccoliFresh Salad | CauliflowerGarden Peas | Mixed VegetablesSavoy Cabbage | Garden PeasBaked Beans |
| **Jacket Potato Option** | Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans, Jacket of the Day |
| **Sandwiches** | Fresh Sandwiches made daily on wholemeal bread or Baguettes with a choice of fillings: Tuna, Cheese, Ham or Egg |
| **Dessert** | Apple Crumble served with custard 50% | Lemon Slice with Milk | Chocolate Crunch served with Custard | Marble Sponge served with Custard | Crunchy Biscuit served with Apple Slices 50% |

**Available Daily**

Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts