

ALLERGY INFORMATION: If your child has an allergy or intolerance please ask a

Spring GOLD Menu 2018

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Hotdogs with tomato sauce and jacket wedges	Pasta Bolognaise (made with organic mince beef)	Roast chicken with stuffing and Roast Potatoes and Gravy	Organic beef cottage pie	MSC Fishwich With Chips & Tomato Sauce
Week 1	Vegetarian	Quorn Hotdog with wedges Jacket potato with tuna mayo	Spinach & Tomato Quiche with new potatoes Jacket potato & beans	Mixed Vegetable Loaf With Roast Potatoes and Gravy Jacket potato & cheese	Vegetable cottage pie Jacket potato & tuna	Vegetable fajita Jacket potato with beans
01-Jan		broccoli sweetcorn	peas Cauliflower	Carrot & Swede mash	Sweetcorn Roasted peppers	Baked Beans Garden Peas
22-Jan						
19-Feb						
12-Mar						
	Dessert	Apple & berry crumble Custard Yoghurt Fruit platter	Iced shortbread Yoghurt Fruit chunks	flapjack Yoghurt Fruit pieces	Pineapple upside down Cake with Custard Yoghurt Fruit platter	Pear & ginger cake Yoghurt Fruit salad
Week 2	Main	Beef meatballs in tomato sauce with rice	Sausages & mash	Roast Turkey with Roast Potatoes & Gravy	Organic beef mince pasta bolognaise	MSC Battered Fish Chips & Tomato Sauce
Week 2	Vegetarian	Vegetable Pasta Bake Jacket potato & tuna	Lentil & vegetable curry with rice Jacket potato & beans	Vegetable Pasty with Roast Potatoes Jacket potato & cheese	Quorn Mince Pasta Bolognaise Jacket potato & tuna	Vegetable quiche with chips Jacket potato with beans
08-Jan		Coleslaw sweetcorn	Broccoli	Green beans Sliced Carrots	cauliflower Sweet corn	Baked Beans Garden Peas
29-Jan						
26-Feb						
19-Mar						
	Dessert	Peach Crumble and Custard Yoghurt Fruit platter	Lemon drizzle cake Yoghurt Fruit chunks	Chocolate chip sponge Yoghurt Fruit pieces	Apple & Berry Pie with Custard Yoghurt Fruit platter	Chocolate and Orange Brownie Yoghurt Fruit salad
Week 3	Main	Beef Burger in a Bun with jacket wedges	Chicken and Red Pepper Pizza with baby Baked Potato (made with free range chicken)	Roast beef with Roast Potatoes and Gravy	Beef Lasagne with garlic slice (made with organic mince beef)	MSC Fish Fingers chips & Tomato Sauce
Week 3	Vegetarian	Sweet & Sour Noodles Jacket potato & tuna	Cheese and tomato pizza Jacket potato & beans	Vegetarian Wellington with Roast Potatoes Jacket potato & cheese	Macaroni cheese with garlic slice Jacket potato & tuna	Cheese & pepper whirl with Chips Jacket potato with beans
15-Jan		Broccoli Swede	carrots Green Beans	Shredded Cabbage sweetcorn	Roasted Vegetable Medley	Baked Beans Garden Peas
05-Feb						
19-Feb						
05-Mar						
	Dessert	Rice pudding	Chocolate crunch	Jelly with a Side of Mandarins	Carrot cake & Custard	

Week 3
15-Jan
05-Feb
19-Feb
05-Mar

