



## Secondary Menu Spring 2016



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEALS MEAT	Tandoori Chicken with Pilau Rice	Sausages with Mash and Gravy	Roast Beef with Gravy & Roast Potatoes	Turkey & Leek Pie	Battered Fish and Chips
MAIN MEALS VEGETARIAN	Vegetable Dopiazza	Bean & Vegetable Chilli Stew with Mashed Potato	Quorn & Vegetable Pasta Bake	Dhansak Curry with <b>WHOLEGRAIN</b> Rice	Quorn Sausages with Chips
VEGETABLES	Sweetcorn & Broccoli	Spinach & Cauliflower	Roasted Root Vegetables & Green Beans	Swede Puree & Carrots	Peas & Baked Beans
HOT DELI	Bacon & Cheese Panini / Tandoori Vegetable Naan	Minestrone Vegetable Soup with Fresh Bread	Curried Chicken Wrap / Cheese & Tomato Panini	Tuna & Cheese Melt / Spicy Vegetable Panini	Cajun Chicken Burger / Cheese and Coleslaw Wrap
COLD DELI	A selection of sandwiches, baguettes, wraps and salads daily				
SPUDS	Baked Potato with Cheese	Baked Potato with Tuna Mayonnaise	Baked Potato with BBQ Beans	Baked Potato with Bolognese	Baked Potato with Grated Cheese & Coleslaw
HOT POTS	Italian Chicken Pasta Pot	Spaghetti Bolognese	Chicken Teryaki Noodle Pot	Sweet Chilli Quorn Noodle Pot	Tikka Vegetable Rice Pot
DESSERT OF THE DAY	<b>(50% Fruit)</b> Apple Crumble with Custard Sauce	Chocolate Sponge with Chocolate Sauce	Apricot Flapjack	<b>(50% Fruit)</b> Baked Apple Rice Pudding	Lemon and Thyme Cup Cake





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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEALS MEAT	Jerk Chicken with Garlic Rice	Shepherd's Pie	Roast Turkey with New or Roast Potatoes	Mince Beef & Onion Pie with Crushed Potatoes	Battered Fish & Chips
MAIN MEALS VEGETARIAN	Sweet & Sour Vegetable Chow Mein	Shepherdess Quorn Pie	Vegetable Frittata with Roast or New Potatoes & Seasonal Salad	Lentil & Chickpea Dansaak with Coconut Rice	Cheese & Onion Pasty & Chips
VEGETABLES	Green Beans & Carrots	Cauliflower & Spinach	Red Cabbage & Broccoli	Carrots & Sweetcorn	Peas & Baked Beans
HOT DELI	Spiced Chicken Wings / Cheese & Tomato Panini	Carrot & Coriander Soup with Fresh Bread	Hot Roast Turkey Baguette / Vegetable Chilli Wrap	<b>WHOLEMEAL</b> Tuna & Sweetcorn Pizza / Red Onion & Cheese Calzoni	Tikka Chicken Burrito / Curried Vegetable Burrito
COLD DELI	A selection of sandwiches, baguettes, wraps and salads daily				
SPUDS	Baked Potato with Cheese & Chives	Baked Potato with Grated Cheese & Ham	Baked Potato with Cheese & Tuna	Baked Potato with BBQ Beans	Baked Potato with Tuna & Red Onion
HOT POTS	Penne Carbonara	Moroccan Meatballs with Couscous	Italian Pasta	Balti Chicken Rice Pot	Hoi Sin Vegetable Noodles
DESSERT OF THE DAY	<b>(50% Fruit)</b> Fruit Salad with Honey Yoghurt	<b>(50% Fruit)</b> Fruit Trifle	Lemon Drizzle Cake	Banana Muffin	Carrot Cake





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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEALS MEAT	Turkey & Vegetable Pie with Mashed Potato	Beef Lasagne with Garlic Bread <b>(No Oil)</b>	Roast Chicken with Homemade Stuffing & Gravy with Roast Potatoes	Cottage Pie with Bubble & Squeak Topping	Battered Fish & Chips
MAIN MEALS VEGETARIAN	Lentil & Chickpea Curry with <b>WHOLEGRAIN</b> Rice	Moroccan Bean Tagine with Lemon Spiced Cous Cous	Quorn Pasta Bolognese	Mushroom & Lentil Loaf with Potato Salad	Vegetarian Lasagne (Fry's Mince)
VEGETABLES	Carrots & Broccoli	Sweetcorn & Green Beans	Cabbage & Swede Puree	Spinach & Cauliflower	Peas and Baked Beans
HOT DELI	<b>WHOLEMEAL</b> Meat Feast Pizza / <b>WHOLEMEAL</b> Red Onion & Pepper Pizza	Tuna Mayonnaise Wrap / Chicken Ceaser Wrap	Hot Roast Chicken Baguette / Balti Rice Wrap	Tuna Melt Panini / Ham & Cheese Panini	Spicy Wedged Potato Pot
COLD DELI	A selection of sandwiches, baguettes, wraps and salads daily				
SPUDS	Baked Potato with Asian Slaw	Baked Potato with BBQ Beans	Baked Potatoes with Jerk Vegetables	Baked Potato with Tuna Mayonnaise	Baked Potato with Cheese
HOT POTS	Garlic Mushroom Pasta	Sweet & Sour Vegetables Rice Pot (not fried rice)	Salmon & Broccoli Pasta Pot	Spaghetti Neopolitan	Balti Chicken Rice Pot
DESSERT OF THE DAY	Red Berry Pannacotta	Jam & Coconut Sponge with Vanilla Custard Sauce	<b>(50% FRUIT)</b> Apple Strudel with Custard	<b>(50% Fruit)</b> Fruit of the Forest Sponge with Berry Custard	<b>(100% Fruit)</b> Fresh Fruit Salad

