

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PROTEIN		Baked Chipolata Sausage with Onion Gravy (optional)	Lamb Bolognaise Fusilli Bake	Roast Beef and Yorkshire Pudding & Gravy	Cottage Pie Gravy (optional)	Crispy Crumb Fish with Lemon
		Vegetable Sausage with Onion Gravy (optional)	Cheese and Tomato Pasta Bake	Sweet Potato Gratin	Southern Style Quorn Dippers	Macaroni Cheese
	CARBOHYDRATE	Mashed Potatoes	Pasta Shapes	Roast Potatoes	Oven Baked Diced Potatoes	Chips
	VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Baked Beans Peas
JACKET POTATO CHOICE		Choice of Cheese/Tuna / Beans				
DESSERT		Vanilla Ice cream	Toffee Apple Crumble and Custard	Cheesecake	Fruit Jelly	Chocolate Mousse

Week One
 12/12/11
 16/01/12
 06/02/12
 05/03/12
 26/03/12

Week Two
 28/11/11
 02/01/12
 23/01/12
 20/02/12
 12/03/12

WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PROTEIN		Meatballs in Tomato Sauce	Chicken Fillet with BBQ Sauce (optional)	Roast Turkey with Sage and Onion Stuffing & Gravy	Homemade Beef Burger Gravy (optional)	Breaded Fish Finger
		Vegetable Chilli	Cheese and Tomato Panini	Quorn Sausage Casserole	Cheese and Tomato Quiche	Vegetable Lasagne
	CARBOHYDRATE	Boiled Rice	Oven Baked Diced Potatoes	Roast Potatoes	Mashed Potatoes	Chips
	VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas Baked Beans
JACKET POTATO CHOICE		Choice of Cheese/Tuna / Beans				
DESSERT		Fruit Sponge and Custard	Fruit Shortbread	Vanilla Ice Cream	Apple Crumble and Custard	Golden Rice Crispie Cake

WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PROTEIN		Chicken and Vegetable Pie Gravy (optional)	Shepherds Pie Gravy (optional)	Roast Chicken with Stuffing & Gravy	Chicken Korma with Boiled Rice	Crispy Crumb Fish with Lemon
		Cheese and Baked Bean Puff Slice	Vegetable and Bean Wrap & Tortilla Chips	Vegetable Sausage Toad in the Hole	Cheese & Tomato Pizza	Vegetable Pie
	CARBOHYDRATE	Baby Boiled Potatoes	Oven Baked Diced Potatoes	Roast Potatoes	Jacket Wedges	Chips
	VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas Baked Beans
JACKET POTATO CHOICE		Choice of Cheese-Tuna or Beans				
DESSERT		Chocolate Delight	Harlequin Jelly	Iced Sponge	Jam Sponge and Custard	Chocolate Crunch & Chocolate Sauce

Week Three
 05/12/11
 09/01/12
 30/01/12
 27/02/12
 19/03/12

The Salad crudités, Fresh Fruit, Freshly Baked Bread and Yoghurts will be available daily

Catherine Wayte Primary School – Autumn Winter Term Menu