

Autumn/Winter 2020/2021 Menu



with **The Greens**



Monday	Tuesday	Wednesday	Thursday - allergy aware	Friday
USA WEEK 1 - 02/11/2020, 23/11/2020, 14/12/2020, 18/01/2021, 08/02/2021, 08/03/2021, 29/03/2021				
Mexican Bean Wrap with New potatoes	New York Style Pasta (Tomato & Herb Pasta with Lentils)	Stir Fried Vegetables with Noodles (Chick Peas)	Butterbean Bubble and Squeak with Gravy	Fish Fingers with Tomato Ketchup and Chips
Green Beans and Cauliflower	Carrots and Sweetcorn	Sweetcorn and Garden Peas	Broccoli and Cauliflower	Garden Peas and Baked Beans
Easi-Yo Yoghurt	Big Apple Crumble with Custard	Shortbread with Natural Yoghurt	Allergy Free Vanilla Sponge with Custard	Fresh Fruit Platter

THE OCEAN WEEK 2 - 09/11/2020, 30/11/2020, 04/01/2021, 25/01/2021, 22/02/2021, 15/03/2021				
Jacket Potatoes with Cheese or Baked Beans	Salmon Fish Fingers or Fish Fingers with Tomato Sauce and Chips	Vegetable Bolognese with Penne Pasta	Quorn Burgers with Gravy and Potato Wedges	Tuna and Sweetcorn Pasta
Broccoli and Sweetcorn	Garden Peas and Baked Beans	Cabbage and Cauliflower	Courgettes and Carrots	Garden Peas and Cauliflower
Easi-Yo Yoghurt	Mixed Berry Sponge with Vanilla Sauce	Fruity Jelly with Peaches	Fresh Fruit Platter	Easi-Yo Yoghurt

PORTUGUESE WEEK 3 - 16/11/2020, 07/12/2020, 11/01/2021, 01/02/2021, 01/03/2021, 22/03/2021				
Veggie Sausages with Gravy and Rice	Vegetable, Bean and Potato Hot Pot (Cannelloni Beans)	Mushroom Quiche with New Potatoes	Jacket Potatoes with Cheese or Baked Beans	Breaded Fish Fillet with Tomato Sauce and Chips
Green Beans and Carrots	Garden Peas and Cauliflower	Sweetcorn and Carrots	Coleslaw and Sweetcorn	Garden Peas and Baked Beans
Jamaican Ginger Cake with Pineapple Compote and Custard	Fresh Fruit Platter	Carrot and Courgette Cake with Custard	Fruity Jelly with Pineapple	Easi Yo Yoghurt

Served Daily Freshly Baked Bread Seasonal Vegetables/Salads Fresh Fruit EasiYo Yoghurt

Look out for the VE symbol on our menu for some tasty vegan options.

Dishes with wholegrain ingredients to increase fibre and promote healthy digestion.

Dishes which contain an extra half portion of vegetables (in addition to the vegetables and salads served as an accompaniment with every meal!)

Desserts which contain at least half a portion of fruit, to help pupils on their way to achieving their 5 A DAY!

