

# Week 1

Commencing 2nd September



Hot & Chilled Meal Service

Autumn  
Term  
2013

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> Meaty Dish	School Holidays			Sausage Meat en Croute	Crispy Batter Haddock
<b>Main Course</b> Vegetarian Dish				Vegetable au Gratin	Spanish Omlette
<b>Served with ...</b>				Creamed Potatoes Gravy	Oven Baked Chips
<b>Vegetables / Salad</b>				Farmhouse Mixed Vegetables	Peas Spaghetti Hoops
<b>Desserts</b>				Chocolate Chip Sponge with Chocolate Custard	Butterscotch Mousse
Freshly Baked Rolls, Salad Bar, Yoghurts and Fresh Fruit Served Daily					

Dishes may be subject to change depending on availability

"No Salt is added during or after cooking process"

**Week 2**

Commencing 9th September



Hot &amp; Chilled Meal Service

**Autumn  
Term  
2013**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> Meaty Dish	Chunky Cottage Pie 'or' Chicken & Sweetcorn Pasta	Sausages & Onion Gravy	Roast Beef & Yorkshire Pudding	Lamb Lasagne	Breaded Cod
<b>Main Course</b> Vegetarian Dish	Tomato, Basil & Vegetable Casserole	Quorn Sausages & Onion Gravy	Cheese Tortellini & Tomato Sauce	Vegetarian Lasagne	Roasted Vegetable Quiche
<b>Served with ...</b>	New Potatoes	Cream Potatoes	Roast Potatoes	Garlic Bread	Oven Baked Chips
<b>Vegetables / Salad</b>	Green Beans Carrots	Baked Beans	Savoy Cabbage Sweetcorn	Mixed Vegetables	Peas Baked Beans
<b>Desserts</b>	Chocolate Brownies & Cream	Chocolate Chip Mousse	Buckingham Tart & Cream	Baked Apple Sponge & Custard	Treacle Tart & Cream
<b>Freshly Baked Rolls, Salad Bar, Yoghurts and Fresh Fruit Served Daily</b>					

Dishes may be subject to change depending on availability

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# Week 3

Commencing 16th September



Hot & Chilled Meal Service

Autumn  
Term  
2013

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Meaty Dish	Steak Pie or Chicken & Tortellini in a Tomato Sauce	Pasta Bolognese	Roast Pork & Apple Sauce	Mexican Beef & Bean Fajitas	Cod Fishcakes
Main Course Vegetarian Dish	Country Vegetable Pie	Quorn Mince Bolognese	Herb & Honey Roast Quorn Fillets	Lentil Bean & Vegetable Fajitas	Balsamic Roasted Vegetable Pasta Bake
Served with ...	Cream Potato	Pasta	Herb Roast Potatoes	Steamed Rice	Oven Baked Chips
Vegetables / Salad	Cauliflower Carrots	Mixed Vegetables	Roast Root Vegetables	Sweetcorn Broccoli	Peas Spaghetti Hoops
Desserts	Pear & Chocolate Crumble with Custard	Apricot Flapjacks	Lemon Drizzle Sponge	Apple Pie & Custard	Jam & Coconut Sponge Tart with Cream
Freshly Baked Rolls, Salad Bar, Yoghurts and Fresh Fruit Served Daily					

Dishes may be subject to change depending on availability

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# Week 4

Commencing 23rd September



Hot & Chilled Meal Service

Autumn  
Term  
2013

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Meaty Dish	Sausage & BBQ Bean Casserole or Cheese & Bacon Pasta	Jacket Potato with Crispy Bacon,	Roast Chicken	Cornish Pie (Mince Beef & Potato) or Moroccan Lamb Stew	Crispy Batter Cod
Main Course Vegetarian Dish	Vegetable & Basil Penne Pasta	Jacket Potatoes	Roasted Pepper Risotto	Roasted Vegetable Turnovers	Tomato & Corn Pasta Bake
Served with ...	Creamed Potato	Cheese	Garlic Roast Potatoes	Mash Potato Steamed Rice	Oven Baked Chips
Vegetables / Salad	Broccoli Sweetcorn	Beans	Cabbage Carrot Batons	Sweetcorn Courgettes	Peas Baked Beans
Desserts	Plum Crumble & Custard	Fruit Cocktail	Artic Pudding	Sticky Toffee Pudding & Custard	Mixed Berry Cheesecake
Freshly Baked Rolls, Salad Bar, Yoghurts and Fresh Fruit Served Daily					

Dishes may be subject to change depending on availability

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# Week 5

Commencing 30th September



Hot & Chilled Meal Service

Autumn  
Term  
2013

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Meaty Dish	Pork & Bean Meatballs in Tomato Sauce	Chicken Chow Mein (Noodles)	Roast Turkey	Chicken & Chorizo Casserole or Sweet & Sour Pork	Cod Fish fingers
Main Course Vegetarian Dish	Quorn Balls in Rich Tomato Sauce		Stuffed Peppers	Cheese Potato & Vegetable Pie	Vegetable Pasties
Served with ...	Pasta	Sweet Chilli Vegetable Chow Mein (Noodles)	Garlic Roast Potatoes	Rice Noodles	Oven Baked Chips
Vegetables / Salad	Farmhouse Vegetable	Mixed Vegetables	Cauliflower Green Beans	Carrot & Swede Garden Peas	Sweetcorn Spaghetti Hoops
Desserts	White Chocolate Chip Mousse	Raspberry Mousse	Manchester Tart & Cream	Apple Crumble & Custard	Peach & Apricot Cobbler with Custard
Freshly Baked Rolls, Salad Bar, Yoghurts and Fresh Fruit Served Daily					

Dishes may be subject to change depending on availability

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**Week 6**

Commencing 7th October



Hot &amp; Chilled Meal Service

**Autumn  
Term  
2013**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> Meaty Dish	Beef Balti or Pasta Carbonara	Creamy Chicken Pasta Bake	Honey Roast Gammon	Chicken & Bacon Pie or Beef & Potato Bake	Breaded Haddock
<b>Main Course</b> Vegetarian Dish	Cheese & Onion Quiche	Creamy Vegetable Pasta Bake	Roasted Honey Quorn Fillets	Sweet 'n' Sour Vegetable Chow Mein (Noodles)	Parsnip Swede Carrot Potato Pie
<b>Served with ...</b>	Rice Naan Bread		Roast Potatoes	Creamed Potatoes	Oven Baked Chips
<b>Vegetables / Salad</b>	Cauliflower Carrots	Mixed Vegetables	Savoy Cabbage Sweetcorn	Farmhouse Mixed Vegetables	Peas Baked Beans
<b>Desserts</b>	Lemon Sponge Tart & Cream	Fruit Jelly	Pineapple Upside Down Cake & Cream	Peach & Pear Crumble with Custard	Syrup Sponge & Custard
<b>Freshly Baked Rolls, Salad Bar, Yoghurts and Fresh Fruit Served Daily</b>					

**Dishes may be subject to change depending on availability****“No Salt is added during or after cooking process”**

# Week 7

Commencing 14th October



Hot & Chilled Meal Service

Autumn  
Term  
2013

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course <i>Meaty Dish</i>	Mild Chicken Curry or Pork 'n' Beans	Jacket Potato 'or' Mild Chilli Beef	Honey & Rosemary Roast Chicken	Sausage Meat en Croute	Crispy Batter Haddock
Main Course <i>Vegetarian Dish</i>	Mild Chunky Quorn Curry	Cheese?	Vegetable Burgers	Vegetable au Gratin	Spanish Omlette
Served with ...	Steamed Pilau Rice Naan Bread		Roast Potatoes	Creamed Potatoes Gravy	Oven Baked Chips
Vegetables / Salad	Broccoli Sweetcorn	Baked beans	Cauliflower Green Beans	Farmhouse Mixed Vegetables	Peas Spaghetti Hoops
Desserts	Blackberry & Apple Crumble & Custard	Orange Fruit Jelly	Fruit Cocktail	Chocolate Chip Sponge with Chocolate Custard	Butterscotch Mousse
Freshly Baked Rolls, Salad Bar, Yoghurts and Fresh Fruit Served Daily					

Dishes may be subject to change depending on availability

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**Week 8**

Commencing 21st October



Hot &amp; Chilled Meal Service

**Autumn  
Term  
2013**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> Meaty Dish	Chunky Cottage Pie 'or' Chicken & Sweetcorn Pasta	Sausages & Onion Gravy	Roast Beef & Yorkshire Pudding	Lamb Lasagne	Breaded Cod
<b>Main Course</b> Vegetarian Dish	Tomato, Basil & Vegetable Casserole	Quorn Sausages & Onion Gravy	Cheese Tortellini & Tomato Sauce	Vegetarian Lasagne	Roasted Vegetable Quiche
<b>Served with ...</b>	New Potatoes	Cream Potatoes	Roast Potatoes	Garlic Bread	Oven Baked Chips
<b>Vegetables / Salad</b>	Green Beans Carrots	Baked Beans	Savoy Cabbage Sweetcorn	Mixed Vegetables	Peas Baked Beans
<b>Desserts</b>	Chocolate Brownies & Cream	Chocolate Chip Mousse	Buckingham Tart & Cream	Baked Apple Sponge & Custard	Treacle Tart & Cream
<b>Freshly Baked Rolls, Salad Bar, Yoghurts and Fresh Fruit Served Daily</b>					

Dishes may be subject to change depending on availability

"No Salt is added during or after cooking process"



# Week 9

Commencing 28th October



Hot & Chilled Meal Service

Autumn  
Term  
2013

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	School Holidays				
Meaty Dish					
Main Course					
Vegetarian Dish					
Served with ...					
Vegetables / Salad					
Desserts					
Freshly Baked Rolls, Salad Bar, Yoghurts and Fresh Fruit Served Daily					

**Dishes may be subject to change depending on availability**

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**Week 10**

Commencing 4th November



Hot &amp; Chilled Meal Service

**Autumn  
Term  
2013**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Meaty Dish	Sausage & BBQ Bean Casserole or Cheese & Bacon Pasta	Jacket Potato with Crispy Bacon,	Roast Chicken	Cornish Pie (Mince Beef & Potato) or Moroccan Lamb Stew	Crispy Batter Cod
Main Course Vegetarian Dish	Vegetable & Basil Penne Pasta	Jacket Potatoes	Roasted Pepper Risotto	Roasted Vegetable Turnovers	Tomato & Corn Pasta Bake
Served with ...	Creamed Potato	Cheese	Garlic Roast Potatoes	Mash Potato Steamed Rice	Oven Baked Chips
Vegetables / Salad	Broccoli Sweetcorn	Beans	Cabbage Carrot Batons	Sweetcorn Courgettes	Peas Baked Beans
Desserts	Plum Crumble & Custard	Fruit Cocktail	Artic Pudding	Sticky Toffee Pudding & Custard	Mixed Berry Cheesecake

**Freshly Baked Rolls, Salad Bar, Yoghurts and Fresh Fruit Served Daily**
**Dishes may be subject to change depending on availability**
**“No Salt is added during or after cooking process”**

**Week 11**

Commencing 11th November



Hot &amp; Chilled Meal Service

**Autumn  
Term  
2013**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> Meaty Dish	Pork & Bean Meatballs in Tomato Sauce	Chicken Chow Mein (Noodles)	Roast Turkey	Chicken & Chorizo Casserole or Sweet & Sour Pork	Cod Fish fingers
<b>Main Course</b> Vegetarian Dish	Quorn Balls in Rich Tomato Sauce		Stuffed Peppers	Cheese Potato & Vegetable Pie	Vegetable Pasties
<b>Served with ...</b>	Pasta	Sweet Chilli Vegetable Chow Mein (Noodles)	Garlic Roast Potatoes	Rice Noodles	Oven Baked Chips
<b>Vegetables / Salad</b>	Farmhouse Vegetable	Mixed Vegetables	Cauliflower Green Beans	Carrot & Swede Garden Peas	Sweetcorn Spaghetti Hoops
<b>Desserts</b>	White Chocolate Chip Mousse	Raspberry Mousse	Manchester Tart & Cream	Apple Crumble & Custard	Peach & Apricot Cobbler with Custard
Freshly Baked Rolls, Salad Bar, Yoghurts and Fresh Fruit Served Daily					

Dishes may be subject to change depending on availability

"No Salt is added during or after cooking process"

**Week 12**

Commencing 18h November



Hot &amp; Chilled Meal Service

**Autumn  
Term  
2013**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> Meaty Dish	Beef Balti or Pasta Carbonara	Creamy Chicken Pasta Bake	Honey Roast Gammon	Chicken & Bacon Pie or Beef & Potato Bake	Breaded Haddock
<b>Main Course</b> Vegetarian Dish	Cheese & Onion Quiche	Creamy Vegetable Pasta Bake	Roasted Honey Quorn Fillets	Sweet 'n' Sour Vegetable Chow Mein (Noodles)	Parsnip Swede Carrot Potato Pie
<b>Served with ...</b>	Rice Naan Bread		Roast Potatoes	Creamed Potatoes	Oven Baked Chips
<b>Vegetables / Salad</b>	Cauliflower Carrots	Mixed Vegetables	Savoy Cabbage Sweetcorn	Farmhouse Mixed Vegetables	Peas Baked Beans
<b>Desserts</b>	Lemon Sponge Tart & Cream	Fruit Jelly	Pineapple Upside Down Cake & Cream	Peach & Pear Crumble with Custard	Syrup Sponge & Custard
<b>Freshly Baked Rolls, Salad Bar, Yoghurts and Fresh Fruit Served Daily</b>					

**Dishes may be subject to change depending on availability****“No Salt is added during or after cooking process”**

# Week 13

Commencing 25th November



## Hot & Chilled Meal Service

Autumn  
Term  
2013

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course <i>Meaty Dish</i>	Mild Chicken Curry or Pork 'n' Beans	Jacket Potato 'or' Mild Chilli Beef	Honey & Rosemary Roast Chicken	Sausage Meat en Croute	Crispy Batter Haddock
Main Course <i>Vegetarian Dish</i>	Mild Chunky Quorn Curry	Cheese?	Vegetable Burgers	Vegetable au Gratin	Spanish Omlette
Served with ...	Steamed Pilau Rice Naan Bread		Roast Potatoes	Creamed Potatoes Gravy	Oven Baked Chips
Vegetables / Salad	Broccoli Sweetcorn	Baked beans	Cauliflower Green Beans	Farmhouse Mixed Vegetables	Peas Spaghetti Hoops
Desserts	Blackberry & Apple Crumble & Custard	Orange Fruit Jelly	Fruit Cocktail	Chocolate Chip Sponge with Chocolate Custard	Butterscotch Mousse
Freshly Baked Rolls, Salad Bar, Yoghurts and Fresh Fruit Served Daily					

Dishes may be subject to change depending on availability

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**Week 14**

Commencing 2nd December



Hot &amp; Chilled Meal Service

**Autumn  
Term  
2013**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Course</b> Meaty Dish	Chunky Cottage Pie 'or' Chicken & Sweetcorn Pasta	Sausages & Onion Gravy	Roast Beef & Yorkshire Pudding	Lamb Lasagne	Breaded Cod
<b>Main Course</b> Vegetarian Dish	Tomato, Basil & Vegetable Casserole	Quorn Sausages & Onion Gravy	Cheese Tortellini & Tomato Sauce	Vegetarian Lasagne	Roasted Vegetable Quiche
<b>Served with ...</b>	New Potatoes	Cream Potatoes	Roast Potatoes	Garlic Bread	Oven Baked Chips
<b>Vegetables / Salad</b>	Green Beans Carrots	Baked Beans	Savoy Cabbage Sweetcorn	Mixed Vegetables	Peas Baked Beans
<b>Desserts</b>	Chocolate Brownies & Cream	Chocolate Chip Mousse	Buckingham Tart & Cream	Baked Apple Sponge & Custard	Treacle Tart & Cream
<b>Freshly Baked Rolls, Salad Bar, Yoghurts and Fresh Fruit Served Daily</b>					

Dishes may be subject to change depending on availability

"No Salt is added during or after cooking process"

# Week 15

Commencing 9th December



Hot & Chilled Meal Service

Autumn  
Term  
2013

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Meaty Dish	Steak Pie or Chicken & Tortellini in a Tomato Sauce	Pasta Bolognese	Roast Pork & Apple Sauce	Mexican Beef & Bean Fajitas	Cod Fishcakes
Main Course Vegetarian Dish	Country Vegetable Pie	Quorn Mince Bolognese	Herb & Honey Roast Quorn Fillets	Lentil Bean & Vegetable Fajitas	Balsamic Roasted Vegetable Pasta Bake
Served with ...	Cream Potato	Pasta	Herb Roast Potatoes	Steamed Rice	Oven Baked Chips
Vegetables / Salad	Cauliflower Carrots	Mixed Vegetables	Roast Root Vegetables	Sweetcorn Broccoli	Peas Spaghetti Hoops
Desserts	Pear & Chocolate Crumble with Custard	Apricot Flapjacks	Lemon Drizzle Sponge	Apple Pie & Custard	Jam & Coconut Sponge Tart with Cream
Freshly Baked Rolls, Salad Bar, Yoghurts and Fresh Fruit Served Daily					

**Dishes may be subject to change depending on availability**

**"No Salt is added during or after cooking process"**

**Week 16**

Commencing 16th December



Hot &amp; Chilled Meal Service

**Autumn  
Term  
2013**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Meaty Dish	Sausage & BBQ Bean Casserole or Cheese & Bacon Pasta	Jacket Potato with Crispy Bacon,	Roast Chicken	Cornish Pie (Mince Beef & Potato) or Moroccan Lamb Stew	Crispy Batter Cod
Main Course Vegetarian Dish	Vegetable & Basil Penne Pasta	Jacket Potatoes	Roasted Pepper Risotto	Roasted Vegetable Turnovers	Tomato & Corn Pasta Bake
Served with ...	Creamed Potato	Cheese	Garlic Roast Potatoes	Mash Potato Steamed Rice	Oven Baked Chips
Vegetables / Salad	Broccoli Sweetcorn	Beans	Cabbage Carrot Batons	Sweetcorn Courgettes	Peas Baked Beans
Desserts	Plum Crumble & Custard	Fruit Cocktail	Artic Pudding	Sticky Toffee Pudding & Custard	Mixed Berry Cheesecake
<b>Freshly Baked Rolls, Salad Bar, Yoghurts and Fresh Fruit Served Daily</b>					

Dishes may be subject to change depending on availability

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