

School Dinner - YUM!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Beef Rogan Josh</p>  <p>Chickpea with Spinach & Butternut squash</p>	<p>Chicken Fajita with Sweet Chilli</p>  <p>Vegetable Lasagne</p>	<p>Steak Pie with gravy</p>  <p>Macaroni Cheese</p>	<p>Blackened Cajun Chicken</p>  <p>Pasta Neapolitan</p>	<p>Breaded fish fillet</p>  <p>Roasted vegetable omelette</p>
 <p>Steamed basmati rice, fine green beans, sweetcorn</p>	 <p>Baked Potato wedges, mixed Mediterranean vegetables</p>	 <p>Parsley new potatoes, citrus carrots, fresh cauliflower</p>	 <p>Steamed basmati rice, Chow Chow Slaw, Fresh Broccoli</p>	 <p>Chunky chips, baked beans & Garden peas</p>
 <p>Wholemeal peach crumble with custard</p>	 <p>Flapjacks</p>	 <p>Chocolate & apple sponge with chocolate sauce</p>	 <p>Fruited Carrot Cake</p>	 <p>Citrus shortbread with raspberry ripple ice cream</p>

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<p>Beef bolognese</p>  <p>Vegetable Bolognese</p>	<p>Chicken Balti</p>  <p>Vegetable Sheoherd's pie with sweet potato mash</p>	<p>Lamb Lasagne</p>  <p>Spinach and Potato bake</p>	<p>Teriyaki Chicken</p>  <p>Jacket Potato with choice of filling</p>	<p>Pizza margherita</p>  <p>Pan Fried Tilapia</p>
 <p>Spaghetti, Citrus carrots, roasted courgettes.</p>	 <p>Steamed basmati rice, fine green beans, fresh cauliflower.</p>	 <p>New Potatoes in Garlic and Herbs, Fresh vegetable medley.</p>	 <p>Fragrant piau, roasted butternut squash, braised cabbage.</p>	 <p>Ovenchips, sweetcorn, garden peas.</p>
 <p>Chocolate sponge with Chocolate Sauce</p>	 <p>Iced Orange & Lemon Sponge cake</p>	 <p>Wholemeal pear cake with vanilla sauce</p>	 <p>Tropical Oat Bar</p>	 <p>Homemade American cookies</p>

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<p>Beef Hotpot</p>  <p>Cheddar & Three onion Quiche</p>	<p>Chinese Sticky Chicken</p>  <p>Penne Arrabiata</p>	<p>Baked chicken sausages</p>  <p>Season backed Salmon</p>	<p>Jerk chicken</p>  <p>Linguine with pesto and parmesan</p>	<p>Beef burger with tomato salsa.</p>  <p>Quorn burger</p>
 <p>Parsley new potatoes, garden peas, mange tout & cauliflower mix</p>	 <p>carrots with swede</p>	 <p>Roast potatoes, fresh broccoli, fresh cauliflower.</p>	 <p>Steamed Basmati rice, braised savoy cabbage, roasted parsnips.</p>	 <p>Oven chips, baked beans, braised mushrooms.</p>
 <p>Lemon Drizzle Cake</p>	 <p>Malva pudding</p>	 <p>Apple flapjacks</p>	 <p>Chocolate brownie</p>	 <p>Orange Jelly with Mandarins & Ice Cream</p>