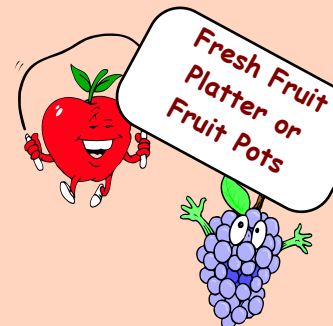
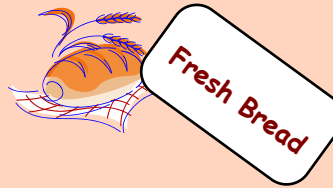
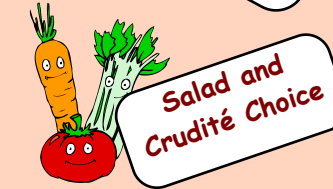
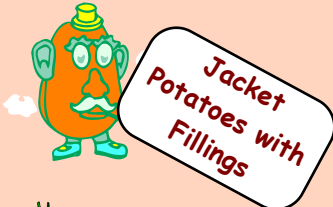


AUTUMN/SPRING TERM MENU 2013/14

A selection from the following also available daily



Weeks commencing 2nd September, 23rd September, 14th October, 11th November, 2nd December 6th January, 27th January

WEEK 1

Monday

Butchers Beef Burger in a Bun
Macaroni Cheese v
Oven Baked Potato Wedges
Garden Peas, Rainbow Coleslaw
Marble Cookies

Tuesday

Turkey and Leek Pie
Selection of Pizzas v
Mashed Potato,
Fresh Roasted Vegetables
Dorset Apple Cake & Custard

Wednesday

Roast Pork
Lentil and Vegetable Roast v
Roast Potatoes, Carrots & Swede
Arctic Roll or Fruit Jelly

Thursday

Chicken Curry with Boiled/Steamed Rice
Freshly made Cheese and Onion Pastie v
Boiled Potatoes
Cauliflower & Broccoli Florets
Chocolate Shortbread &
Chocolate Sauce

Friday

Oven Baked Fish Fingers
Salmon Vol-au-Vents
Vegetable Grill in a Bun v
Chipped Potatoes
Garden Peas, Baked Beans
Melon Medley, Iced Sponge

Weeks commencing 9th September, 30th September, 21st October, 18th November, 9th December 13th January, 3rd February

WEEK 2

Monday

Turkey Meatballs in Tomato Sauce
Vegetable & Lentil Curry v
Boiled Rice, Sweetcorn, Diced Carrots
Apple Crumble and Custard

Tuesday

Pasta Bar Day: Penne Pasta with
Beef Bolognaise, Creamy Cheese Sauce
or Tomato Provencale v
Garlic or French Bread
Coleslaw, Green Beans
Mandarin Gateau

Wednesday

Roast Turkey & Stuffing
Vegetable Nuggets v
Roast Potatoes
Spring Greens & Carrots
Golden Crispy Cake

Thursday

Mixed Pizza Selection
Vegetable Quarter Pounder v
Tomato Pasta Salad, Jacket Wedges
Garden Peas, Grilled Tomato
Frozen Smoothies, Fresh Fruit

Friday

Cod Portion in Bubbly Batter
Veggie Sausages v
Chipped Potatoes
Sweetcorn, Baked Beans
Iced Fingers

Weeks commencing 16th September, 7th October, 4th November, 25th November, 16th December 20th January, 10th February

WEEK 3

Monday

Butchers Pork Sausage Toad in the Hole
& Onion Gravy
Quorn Sausage Toad in the Hole v
Creamy Mashed Potato
Carrots and Peas
Lemon Drizzle Cake & Custard

Tuesday

Chicken & Pasta Bake
Roasted Vegetable Wrap v
Savoury Rice
Sliced Green Beans, Sweetcorn
Jammie Dodger

Wednesday

Honey Roasted Gammon
Cheese and Tomato Flan v
Roast Potatoes
Broccoli & Cauliflower Florets
Fruit Jelly and Cream

Thursday

Spaghetti Bolognaise
Roasted Vegetable Pasta Bake v
Mixed Vegetable Selection
Toffee Tart

Friday

Oven Baked Fish Fingers
Vegetable Spring Rolls v
Chipped Potatoes
Garden Peas, Baked Beans
Assorted Ice Creams or Mousse

v = Vegetarian lunch

Please note that local needs may necessitate a change to the menu