School Lunch Menu Winter 2020

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pizza – choice of Cheese and Tomato or Smoky BBQ, Vege Pizza	Roast Turkey with Stuffing, Yorkshire Pudding, Gravy	Beef Bolognaise Penne Pasta with Tomato Sauce	Chicken Burger In Bun	Harry Ramsdens Fish Fillet
Vegetarian		Herby Quorn Fillet with Stuffing, Yorkshire Pudding and Gravy	Quorn Bolognaise Penne Pasta with Tomato Sauce	Vegi Burger In Bun	Vegetable Nuggets
Vegetables and accompaniments	Pasta Mixed Green Salad	Roast Potatoes and Seasonal Vegetables	Garlic Bread	Wedges and Sweetcorn	Crispy Chips and Garden Peas or Baked Beans
Alternative	Freshly baked baguettes with a daily choice of fillings or a jacket potato with baked beans, cheese or tuna also available				
Dessert	Ice Cream Pot	Jelly and Cream	Iced and Sprinkled Sponge Cake	Flapjack	Chocolate Brownie

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Neopolitan Pasta	Roast Pork with Stuffing, Yorkshire Pudding and Gravy	Sausage Roll	Chicken Pesto Pasta Bake	Fishwich- a Fillet of Fish served in a Bun
Vegetarian	Pasta Napolitano served with Bread Stick	Autumn Vegetable Loaf	Cheese Puff	Quorn Pesto Bake	Spicy Bean Fillet Burger
Vegetables and accompaniments	Sweetcorn & Bread Stick	Roast Potatoes, Seasonal Vegetables	Herby Cubes, Large Salad Bar	Served with Green Beans	Crispy Chips and Garden Peas or Baked Beans
Alternative	Freshly baked baguettes with a daily choice of fillings or a jacket potato with baked beans, cheese or tuna also available				
Dessert	Ice Cream Pot	Cookie	Sponge Cake with Cream	Pancakes with Syrup and Banana	Shortbread

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Spagetti Bolognese	Roast Chicken with Stuffing, Yorkshire pudding and gravy	Butchers beef burger in a Bun	Butchers Sausages	Jumbo fish finger
Vegetarian	Quorn Meatballs and Spagetti	Herby Quorn fillet with stuffing, Yorkshire pudding and gravy	Veggie burger in a bun with baked onions	Linda McCartney Veggie Sausages	Vegetable/Quorn Nuggets
Vegetables and accompaniments	Served with Garlic Bread	Roast potatoes with seasonal vegetables	Wedges and Large Salad Bar	Hash Browns, Beans or Peas	Crispy Chips and Peas and Beans
Alternative	Freshly baked baguettes with a daily choice of fillings or a jacket potato with baked beans, cheese or tuna also available				
Dessert	Ice Cream Pot	Jelly Trifle	Flap Jack	Iced Chocolate Marble Cake	Chocolate Crispy Cake

Every day we serve a choice of freshly baked baguettes with a wide selection of fillings or jacket potatoes with baked beans and grated cheese.
Yoghurts and a fresh fruit basket are available as an alternative to dessert.
Fresh juice, milk and water are available every day.
Our meat is delivered from Burton's butchers in Saffron Walden. Our fruit, vegetables and salads are from Reading's in Braintree
Our Roast Every Week – has Stuffing, Yorkshire puddings these contain – celery, eggs, mustard, soya, sulphur dioxide, gluten, milk
Tuna for Baguettes and Jacket Potatoes – Fish Allergy
On occasions we will serve Angel Delight – Milk
Yogurts – Milk
Strawberry and Chocolate Sauce – Eggs, Milk, Soya, Sulpher Dixoxide, Gluten
Cheese - Milk