











WEEK 1**WINTER MENU 2018**

Option	Monday 'Meat Free'	Tuesday	Wednesday	Thursday	Friday
Main	Cheese Pizza with Smoky BBQ sauce	All Day Breakfast Sausage and Bacon 	Roast Pork	NEW  Homemade Chicken & Sweet Potato Curry	NEW Omega 3 Fish Finger Sandwich with Optional Tartare Sauce or Ketchup
Vegetarian	Cheese and Tomato Pizza 	2 Veggie Sausages	Autumn Vegetable Loaf 	NEW Potato Layer (Potatoes, Leeks and Cheese)	NEW  Vegetable Fingers
Sides	Rainbow Pasta Winter Coleslaw	Scrambled Egg, Baked Beans, Mushrooms, Tomatoes and Mini Potato waffles 	Sage & Onion Stuffing Yorkshire Pudding, Gravy and Apple sauce Roast Potatoes, Fresh Sliced Carrots and Peas	Rice Naan Bread Strip 	Crispy Chips, Peas or Baked Beans
Lighter Option	Jacket Potato with Tuna Mayonnaise	NEW Hot Pasta Pot with Quorn Bolognese Sauce	Hot Roast Pork Baguette 	Jacket Potato with Cheese and Beans	NEW  Jacket Potato with Chicken and Sweetcorn Mayonnaise
Salad Bar	Available 	Not Available	Not available	Available	Available
Dessert	NEW Coconut and	Fruit Salad & Squirry Cream	Flapjack and Fresh Fruit	Apple Crumble with Custard	Arctic Roll with Winter Fruit Coulis

Week 1: 29/10, 19/11, 10/12, 14/1, 4/2, 25/2, 18/3 Week 2: 5/11, 26/11, 17/12, 21/1, 11/2, 4/3, 25/3 Week 3: 12/11, 3/12, 7/1, 28/1, 11/3, 1/4

Also available Daily: Fresh Fruit/Muller Corner Yoghurts, Fresh Milk, Water and Homemade Bread

Using Local Suppliers- Humphreys Butchers & Maldon Fruit and Vegetables.