

Week one

28/08 18/09 09/10 30/10 20/11 11/12

Jacket Potatoes are available every day with a choice of fillings.

Monday

Choose a main meal...
 *Pork Sausages (in beef casing) with Mashed Potatoes
 Vegetarian Sausages with Mashed Potato
 Jacket Potato with a choice of Spaghetti Hoops & Cheese or Grated Cheese

on the side...
 Baked Beans
for dessert...
 Muesli Flapjack
 Fresh Fruit or Yoghurt

Choose a main meal...

*Minced Beef, Onion & Potato Pie
 Vegeterince Bolognaisse with Pasta
 Jacket Potato with a choice of Baked Beans, Grated Cheese or Tuna Mayonnaise

on the side...
 Seasonal Vegetables
for dessert...
 Dorset Apple Cake with Custard
 Fresh Fruit or Yoghurt

Choose a main meal...

*Rustic Cottage Pie
 Macaroni Cheese
 Jacket Potato with a choice of Baked Beans, Grated Cheese or Tuna Mayonnaise

on the side...
 Seasonal Vegetables
for dessert...
 Peach Sponge with Custard
 Fresh Fruit or Yoghurt

Choose a main meal...

Chicken & Vegetable Hot Pot
 Vegetarian Meatballs in Tomato Sauce with Pasta
 Jacket Potato with a choice of Baked Beans, Grated Cheese or Tuna Mayonnaise

on the side...
 Seasonal Vegetables
for dessert...
 Sticky Toffee Apple Sponge with Custard
 Fresh Fruit or Yoghurt

Week two

04/09 25/09 16/10 06/11 27/11 18/12

If you don't fancy dessert, you can always enjoy fresh fruit or yoghurt.

Choose a main meal...
 Chinese Chicken Pizza on Whoomeal Base with Jacket Wedges
 Vegetarian Sausages with Jacket Wedges
 Jacket Potato with a choice of Spaghetti Hoops & Cheese or Grated Cheese

on the side...
 Baked Beans
for dessert...
 Strawberry Muffin
 Fresh Fruit or Yoghurt

Choose a main meal...

*Pork Loin with New Potatoes & Gravy
 Roast Quorn with New Potatoes & Gravy
 Jacket Potato with a choice of Baked Beans or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Custard Pot
 Fresh Fruit or Yoghurt

Choose a main meal...

*Mild Chicken Tikka Masala with Rice
 Cheese & Tomato Pizza on Whoomeal Base
 Jacket Potato with a choice of Baked Beans, Grated Cheese or Tuna Mayonnaise

on the side...
 Seasonal Vegetables
for dessert...
 Apple & Blackcurrant Crumble with Custard
 Fresh Fruit or Yoghurt

Week three

11/09 02/10 13/11 04/12

Choose a main meal...

*Pork Sausages (in beef casing) with Mashed Potatoes
 Cheesy Omelette with Mashed Potato
 Jacket Potato with a choice of Spaghetti Hoops & Cheese or Grated Cheese

on the side...
 Baked Beans
for dessert...
 Chocolate Cookie
 Fresh Fruit or Yoghurt

Choose a main meal...

*Pork Loin with New Potatoes & Gravy
 Roast Quorn with New Potatoes & Gravy
 Jacket Potato with a choice of Baked Beans or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Custard Pot
 Fresh Fruit or Yoghurt

Choose a main meal...

*Mild Chicken Tikka Masala with Rice
 Cheese & Tomato Pizza on Whoomeal Base
 Jacket Potato with a choice of Baked Beans, Grated Cheese or Tuna Mayonnaise

on the side...
 Seasonal Vegetables
for dessert...
 St Clements Sponge
 Fresh Fruit or Yoghurt

Wednesday

Choose a main meal...
 Roast Chicken with Roast Potatoes & Gravy
 Vegetable Hot Pot
 Jacket Potato with a choice of Baked Beans or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Muller Yoghurt
 Fresh Fruit

Choose a main meal...
 Roast Turkey with Mashed Potato & Gravy
 Shepherdess Pie & Gravy
 Jacket Potato with a choice of Baked Beans or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Muller Yoghurt
 Fresh Fruit

Choose a main meal...
 *Pork Loin with New Potatoes & Gravy
 Roast Quorn with New Potatoes & Gravy
 Jacket Potato with a choice of Baked Beans or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Custard Pot
 Fresh Fruit or Yoghurt

Thursday

Choose a main meal...
 Mild Chicken Tikka Masala with Rice
 Cheese & Tomato Pizza on Whoomeal Base
 Jacket Potato with a choice of Tuna & Salmon Mayonnaise or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Iced Carrot Cake
 Fresh Fruit or Yoghurt

Choose a main meal...
 *Italian Beef Meatballs in Tomato Sauce with Rice
 Cheese & Tomato Pizza on Whoomeal Base
 Jacket Potato with a choice of Baked Beans, Grated Cheese or Tuna Mayonnaise

on the side...
 Seasonal Vegetables
for dessert...
 Apple Crumble with Custard
 Fresh Fruit or Yoghurt

Choose a main meal...
 *Mild Chili Con Carne with Rice
 Cheese & Tomato Pizza on Whoomeal Base
 Jacket Potato with a choice of Baked Beans, Grated Cheese or Tuna Mayonnaise

on the side...
 Seasonal Vegetables
for dessert...
 Apple & Blackcurrant Crumble with Custard
 Fresh Fruit or Yoghurt

Friday

Choose a main meal...
 Fish Fingers with Diced Potatoes
 Omelette with Diced Potatoes
 Jacket Potato with a choice of Spaghetti Hoops & Cheese or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Mixed Fruit Crumble with Custard
 Fresh Fruit or Yoghurt

Choose a main meal...
 Fish Cake with Oven Chips
 Vegetable Nuggets with Oven Chips
 Jacket Potato with a choice of Baked Beans or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 Lemon Drizzle Cake
 Fresh Fruit or Yoghurt

Choose a main meal...
 Fish Fingers with Diced Potatoes
 Quorn Burger with Diced Potatoes
 Jacket Potato with a choice of Spaghetti Hoops & Cheese or Grated Cheese

on the side...
 Seasonal Vegetables
for dessert...
 St Clements Sponge
 Fresh Fruit or Yoghurt

AUTUMN 2017 MENU - BUCKS, NORTHAMPTON, BEDS, MILTON KEYNES

THEME DAYS: 5/10 - Under the Sea and 13/12 - Christmas Lunch

* Contains Pork and or Beef

If your child receives or needs a special diet or allergen menu, please speak to your catering manager or contact us
 White or Whoomeal Bread is freely available.



There is a vegetarian choice every day... and don't forget that salad is available daily.

Keep yourself topped up with water - it will help you concentrate all day long.

