

ALLERGY INFORMATION: If your child has an allergy or intolerance please ask a

Spring GOLD Menu 2018



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 01-Jan 22-Jan 19-Feb 12-Mar	Main	Hotdogs with tomato sauce and jacket wedges	Macaroni Pastichio (made with organic mince beef)	Roast chicken with stuffing and Roast Potatoes and Gravy	Organic beef cottage pie	MSC Breaded Fish With Chips & Tomato Sauce
	Vegetarian	Potato & Courgette Layer Bake Jacket potato with tuna mayo	Spinach & Tomato Quiche with New Potatoes Filled baguette with salad	Mixed Vegetable Loaf With Roast Potatoes and Gravy Jacket potato with cheese	Macaroni Cheese with Tomato topping Filled baguette with salad	Vegetable fajita Jacket potato with cheese
		Broccoli Sweetcorn	Peas Cauliflower	Carrot & Swede mash	Sweetcorn Roasted peppers	Baked Beans Garden Peas
	Dessert	Shortbread Yoghurt Fruit platter	Apple & Mixed Berry Crumble With Custard Yoghurt Fruit pieces	Flapjack Yoghurt Fruit pieces	Pineapple upside down Cake with Custard Yoghurt Fruit platter	Toffee krispie Yoghurt Fruit salad
Week 2 08-Jan 29-Jan 26-Feb 19-Mar	Main	Beef meatballs in tomato sauce with rice	Chicken and Red Pepper Pizza with baby Baked Potato (made with free range chicken)	Roast Turkey with Roast Potatoes & Gravy	Organic beef mince pasta bolognaise	MSC Battered Fish Chips & Tomato Sauce
	Vegetarian	Vegetable Pasta Bake Jacket potato with tuna mayo	Cheese & tomato pizza Filled baguette with salad	Cheese & Pepper Whirl with Roast Potatoes Jacket potato with cheese	Quorn Mince Pasta Bolognaise Filled baguette with salad	Quorn hotdog with chips Jacket potato with cheese
		Red Onion Slaw sweetcorn	Peas	Broccoli Sliced Carrots	cauliflower Sweet corn	Baked Beans Garden Peas
	Dessert	Pear Crumble and Custard Yoghurt Fruit platter	Lemon drizzle cake Yoghurt Fruit chunks	Chocolate Cookie Yoghurt Fruit pieces	Apple & Berry Strudel with Custard Yoghurt Fruit platter	Chocolate and Orange Brownie Yoghurt Fruit salad
Week 3 15-Jan 05-Feb 05-Mar 26-Mar	Main	Beef Burger in a Bun with jacket wedges	Chicken tikka & rice	Roast pork with Roast Potatoes and Gravy	Beef Tortilla Stack with Garlic Slice (made with organic mince beef)	MSC Fish Fingers with chips & Tomato Sauce
	Vegetarian	Mixed bean cassoulet with jacket wedges Jacket potato with tuna mayo	Lentil and Vegetable Curry with Rice Filled baguette with salad	Vegetarian Wellington with Roast Potatoes Jacket potato with cheese	Macaroni cheese with garlic slice Filled baguette with salad	Vegetable pasty with Chips Jacket potato with cheese
		Broccoli Sweetcorn	carrots Green Beans	Shredded Cabbage swede	Mixed vegetables	Baked Beans Garden Peas
	Dessert	Carrot & Sultana Cake with Custard Yoghurt Fruit platter	Chocolate crunch Yoghurt Fruit chunks	Jelly with a Side of Mandarins Yoghurt Fruit pieces	banana cake & Custard Yoghurt Fruit platter	Iced sponge Yoghurt Fruit salad

