

CYCLE 1 - WEEK 2

MICHAELMAS TERM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>SOUP</u>	Red lentil & coriander soup	Leek and potato soup	Cream of red pepper soup	Roast vegetable soup	Mushroom soup
<u>MAIN 1</u>	Roast turkey breast	Thai red chicken curry with bamboo shoots	Cumberland sausages	Steak & kidney puff pastry pie	Fish and chips in beer batter
<u>MAIN 2</u>	Fisherman's pie	Baked fish in lemon butter sauce	Lamb meatballs with couscous	Poached skate, parsley and capers	Slow roasted belly of pork with crackling
<u>MAIN 3</u>	Slow roast duck leg	Braised beef with chilli beans & jalapeno	Seared salmon in white wine sauce	Japanese curried pork & mushroom noodles	Chicken saltimbocca
<u>VEGGIE 1</u>	Vegetable & egg noodle stri-fry	Roast butternut squash & feta frittata	Beef tomatoes stuffed with ratatouille & feta	Roast vegetable lasagna	Twice baked stilton & dates potatoes
<u>VEGGIE 2</u>	Macaroni cheese au gratin	Potato gnocchi in tomato basil & parmesan sauce	Pasta in creamy pea and cheddar sauce	Spicy quorn casserole	Butternut squash risotto
<u>VEG 1</u>	Roast carrots & celeriac	Broccoli florets	Courgettes and cherry tomatoes	Cauliflower florets in parsley butter	Garden peas
<u>VEG2</u>	Saute peppers	Roast sweedes & celeriac	Roast vegetables and fennel	Savoy cabbage	Baked beans
<u>VEG 3</u>	Parsley potatoes	Steamed rice	Roast potatoes	Mild spiced potatoes	Market vegetables
<u>HOT PUD</u>	Rice pudding with jam	Victoria sponge with chocolate sauce	Apple crumble with custard	Peach & caramel cake with custard	Vanilla ice cream with raspberry coulis



Vegetarian

Non Gluten Containing Ingredients

Dairy free

(we use gluten free flour and pasta in all our dishes)

CYCLE 1 - WEEK 3

MICHAELMAS TERM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>SOUP</u>	Chunky pea soup	Carrot & coriander soup	Cream of mushroom soup	Roasted root vegetable soup	Tuscan bean & macaroni soup
<u>MAIN 1</u>	Beef lasagna	Steamed Panga fish in tomato & basil coulis	Stir fry chicken chow mein	Shepherd's pie	Fish & chips in beer batter
<u>MAIN 2</u>	Steamed fish in watercress sauce	Roast back bacon	Roast shoulder of lamb nut free red pesto	Beef meatballs and gnocchi casserole	Farfalle in shellfish sauce
<u>MAIN 3</u>	Grilled turkey escalope	Chilli con carne	Salmon teriyaki	Macaroni in chick pea and tomato sauce	Roast chuck roll of beef, yorkshire pudds
<u>VEGGIE 1</u>	Plain linguine pasta, grated cheese	Red lentil & coconut dahl	Mexican vegetable hot pot with guacamole	Vegetable curry with naan bread	Vegetable & apricot tajine with couscous
<u>VEGGIE 2</u>	Baked peppers stuffed with pilaw rice	Fusilli pasta, tomato & mozzarella gratin	Spinach & tomato quiche	Macaroni, spicy aubergine & tomato	Mixed mushroom chow-mein
<u>VEG 1</u>	Saute courgettes	Buttered white cabbage	Broccoli florets	French beans	Garden peas
<u>VEG2</u>	Roast carrots	Cauliflower florets	Roasted root vegetables	Baked butternut squash wedges	Baked beans
<u>VEG 3</u>	Parsley potatoes	Pilaw rice Roast potatoes	Roast potatoes	Rosemary potatoes	Market vegetables
<u>HOT PUD</u>	Sticky toffee pudding with custard	Syrup sponge with custard	Chocolate marble cake with chocolate sauce	Rice pudding with jam	Baked apple with spiced ginger butter



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CYCLE 1 - WEEK4

MICHAELMAS TERM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<u>SOUP</u>	Mixed vegetable soup	Cream of celeriac soup	Moroccan chick pea soup	Sweet red pepper soup	Mixed vegetable soup
<u>MAIN 1</u>	Lancashire hot-pot	Meatballs, mushrooms & bacon casserole	Chilli salt squid	Cottage pie	Fish and chips in beer batter
<u>MAIN 2</u>	Cod & pancetta fishcakes	Seafood paella	Roast turkey breast	Roast gammon	Steamed salmon beurre blanc
<u>MAIN 3</u>	Cumberland sausages in red apple gravy	Seared chicken breast with lemon, garlic & flat parsley	Grilled pork steaks	Steamed fish in parsley sauce	Minced beef with dumplings
<u>VEGGIE 1</u>	Egg & tomato curry with rice	Thai root vegetable curry lime leaves & coconut milk	Vegetarian chilli con carne with rice	Butternut squash & plantain curry	Pumpkin risotto
<u>VEGGIE 2</u>	Cheese & tomato turnovers	Plain farfalle, tomato sauce	Penne pasta bake with cheese, tomato & oregano	Plain pasta, grated cheese	Plain pasta, grated cheese
<u>VEG 1</u>	Roast carrots and sweetes	French beans	Honey roast parsnips	Savoy cabbage	Garden peas
<u>VEG2</u>	Saute courgettes and peppers	Cauliflower in chives butter	Braised red cabbage Creamed leeks	Sliced carrots with sweet red peppers	Baked beans
<u>VEG 3</u>	Pilaw rice	Roast baby potatoes	Roast potatoes	steamed parsley potatoes	Market vegetables
<u>HOT PUD</u>	Pineapple upside-down cake with custard	Apple crumble with custard sauce	Lemon sponge with lemony custard	Bread & butter pudding with custard	Vanilla ice-cream hot chocolate sauce



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CYCLE 1 - WEEK 5

MICHAELMAS TERM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>SOUP</u>	Cream of spinach and roquette soup	Chunky vegetable soup with coconut & lemon grass	French onion soup	Red lentil soup	Mixed vegetable soup
<u>MAIN 1</u>	Chicken casserole with bacon and mushroom	Roast gammon with cider and marmalade	Panko breaded chicken thai curry sauce	Pasta alla Bolognese	Fish & chips in beer batter
<u>MAIN 2</u>	Salmon & broccoli quiche	Char-grilled chicken breast	Fisherman's pie	Fish paupiettes with salmon mousse	Fish pie
<u>MAIN 3</u>	Beef stroganoff	Tomato, lemon & garlic prawn stew	Char-grilled onglet steak	Braised belly of pork in soy sauce, ginger & star anis	Toad in the hole
<u>VEGGIE 1</u>	Penne pasta in pea tomato sauce	Potato skins with herb fromage frais	Potato gnocchi alla Napoletana	Vegetable byriani	Goat cheese and potato gratin
<u>VEGGIE 2</u>	Cheese & tomato empanadas	Mushroom risotto	Roast butternut squash lasagna	Falafels in pitta bread	Plain pasta, cheese sauce
<u>VEG 1</u>	Parsley carrots	Slow roasted root vegetables	French beans in garlic butter	Cauliflower cheese	Garden peas
<u>VEG2</u>	Broccoli florets	Sprouts and chestnut fricassee	Roast carrots & sweet potatoes	Mixed vegetables	Baked beans
<u>VEG 3</u>	Potato wedges	Roast potatoes	Tumeric potatoes	Steamed rice Mash potatoes	Market vegetables
<u>HOT PUD</u>	Rice pudding with raspberry jam	Peach crumble with custard	Dark chocolate marble cake with custard	Chocolate fudge pudding with custard	Raspberry cake with cream



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CYCLE 1 - WEEK 6

MICHAELMAS TERM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>SOUP</u>	Carrot soup	Tomato soup	Root vegetable & black bean soup	Leek & potato soup	Cream of celery and stilton
<u>MAIN 1</u>	Smoked haddock chowder	Pasta with meatballs in tomato sauce	Fish tajine	Roast turkey breast, madeira sauce	Fish & chips in beer batter
<u>MAIN 2</u>	Beef lasagna	Thai green chicken curry with rice	Chilli con carne with nachos & rice	Bangers & mash	Squid & chorizo
<u>MAIN 3</u>	Southern fried chicken	Moules mariniere	Onglet steak, caramelised shallot jus	Baked fillet of fish Provencale	Chicken, apple & cider pie
<u>VEGGIE 1</u>	Cheese & onion pasty	Stuffed butternut squash with aubergine & raisin pilaw rice	Plain pasta, grated cheese	Chick pea & cauliflower korma naan bread & pilaw rice	Oats & cheese vegetable crumble
<u>VEGGIE 2</u>	Potato tortilla	Cauliflower cheese	Ratatouille & cheddar quiche	Macaroni bake with mushroom & parmesan	Plain pasta, tomato sauce
<u>VEG 1</u>	Broccoli florets	Saute courgettes	Roast tomatoes	Roast parsnips	Garden peas
<u>VEG2</u>	Sweetcorn and peppers	Buttered carrots	Buttered leeks	Savoy cabbage	Baked beans
<u>VEG 3</u>	Baby potatoes	Parsley potatoes	Garlic potatoes	Roast potatoes	Market vegetables
<u>HOT PUD</u>	Syrup sponge with custard	Peach crumble with custard	Pineapple upside down cake & custard	Pancakes with raspberry coulis / chocolate sauce	Chocolate sponge, chocolate custard



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