

Autumn/Winter 2011/12



Sticky Chicken

Chicken in a sweet & tangy sauce



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 17th October* 7th November 28th November 19th December 2nd January 2012* 23rd January 13th February 5th March 26th March	Chicken Tikka Cod Fishcake Macaroni Cheese (V) Vegetable of the Day Roast Potatoes Rice Lemon Drizzle Cake & Custard	Steak Pie Ham & Pineapple Pizza Vegetable Risotto (V) Vegetable of the Day Diced Potatoes Creamed Semolina & Fruit	Lentil Soup (V) Or Melon & Orange Starter (V) Pasta Bolognese Chicken Stir Fry with Rice Savoury Omelette (V) Vegetable of the Day Pasta	Lamb Meatballs In Gravy Cod Fish Fingers Cheesy Baked Potato (V) Vegetable of the Day Potato Wedges Chocolate Brownie & Custard	Oven Baked Sausages Chicken Tomato Pasta Vegetarian Sausages (V) Vegetable of the Day Baked Beans Mashed Potatoes Sponge with Toffee Sauce
Week 2 24th October 14th November 5th December 9th January 2012 30th January 20th February 12th March	Pork Steak & Gravy Salmon Fish Fingers Macaroni Cheese (V) Vegetable of the Day Mashed Potatoes Golden Crispie Cake	Chicken Pie Tex Mex Burrito Vegetable Curry (V) Vegetable of the Day Diced Potatoes Rice Marble Sponge & Custard	Leek & Potato Soup (V) Or Vegetable Crudites & Dip (V) Steak Casserole Breaded Haddock Vegetable Tomato Pasta (V) Vegetable of the Day Roast Potatoes	Shepherds Pie Tuna Finger Roll Cheese & Tomato Pizza (V) Vegetable of the Day Salad Selection Apple Crumble & Custard	Tay Beef Burger in Bun Sticky Chicken Vegetable Nuggets (V) Vegetable of the Day Chips Ice-Cream & Fruit
Week 3 31st October 21st November 12th December 16th January 2012 6th February 27th February 19th March	Mediterranean Chicken with Pasta Jumbo Cod Finger Lentil Bolognese (V) Vegetable of the Day Potato Wedges Chocolate Crunch	Traditional Mince Tuna Baked Potato Cheese & Tomato Pizza (V) Vegetable of the Day Boiled Potatoes Salad Selection Creamed Rice Pudding & Fruit	Sausages, Yorkshire Pudding & Gravy Chicken Mayo Wrap Macaroni Cheese (V) Vegetable of the Day Baby Boiled Potatoes Yoghurt Sponge & Custard	Yellow Pea & Vegetable Soup (V) Or Tuna Pate & Bread Wedge Beef Lasagne Turkey Burger in Bun Hot Dog Roll (V) Vegetable of the Day Diced Potatoes	Roast Beef & Gravy Breaded Haddock Moroccan Quorn Stew (V) Vegetable of the Day Roast Potatoes Chocolate Sponge & Custard



Moroccan Quorn Stew

Spiced Lentils & Quorn in a fruity sauce

*Please note that this menu may be subject to change depending on our suppliers' ability to make deliveries as expected. This will likely affect the menu on the first day back after periods of holidays. Please contact your school for more details if required.

A choice of one of the three main courses
 Vegetables and potatoes
 +
 A selection from the salad bar
 +
 Homemade bread

A choice of puddings from
 Sweet of the day
 or
 Fresh fruit
 or
 Fruit yoghurt

A choice of drinks from
 A glass of milk
 or
 A glass of fruit juice
 or
 A glass of water

We can also offer a packed lunch service for school trips etc. Please contact your school's head teacher for details.