

## Menus

### Week One:

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey meatballs in a tomato and vegetable sauce	Pork and vegetable casserole	Ham, chicken, beef or tuna baguettes Sausage rolls	Chicken stir fry in a soya and ginger sauce. Soya free option also available	Fish fingers or sea stars
Lentil and courgettes in a tomato and vegetable sauce	Chickpea and vegetable casserole	Cheese baguette or jam sandwiches Cheddar puffs	Five bean stir fry in a soya and ginger sauce	Vegetable nuggets
Pasta, garlic bread, sweetcorn and cucumber	Baby potatoes, crushed swede, carrots	Salad leaves, vegetable crudities, cucumber slices, boiled eggs	Egg noodles or egg free tagliatelle, vegetable spring rolls	Mashed potato, peas or baked beans
Fruit cocktail, ice cream, bananas	Yoghurts, chocolate mousse, fresh fruit slices	Sliced melon and kiwi, blueberry or choc chip muffin	Treacle roly poly with custard, fromage frais, fresh fruit	Peaches and cream, cheese and crackers, grapes

### Week Two:

Monday	Tuesday	Wednesday	Thursday	Friday
Pork sausage or turkey breast	Battered chicken fillet	Ham, chicken, beef or tuna sandwiches	Pork lasagne	Sweet and sour chicken and vegetable
Quorn sausage	Vegetable samosa or vegetable burgers	Cheese or jam sandwiches	Lentil and vegetable bake in tomato sauce	Vegetables and beans in a sweet and sour sauce
New potatoes, broccoli, cauliflower, baby carrots, gravy	Potato wedges, mixed salad, wholewheat spaghetti, sweetcorn	Onion rings, pizza puff rolls, boiled eggs, mixed salad, cucumber and carrot sticks	Herby diced potatoes, garlic bread, carrots and peas	Rice, broccoli, cucumber slices
Rice pudding and strawberry jam, yoghurts, fruit	Steamed pears or homemade brownies and custard, fresh fruit	Fruit salad, rice crispy cakes, yoghurts	Grapes, cheese and crackers, strawberry mousse	Mandarins and ice cream or yoghurts

All dietary requirements catered for in addition to menu. All Quorn used is egg free.

## Menus

### Week Three:

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Pork and vegetable hot pot with gravy	Chicken and vegetable curry	Ham, chicken, tuna or beef baguettes	Pork sausage or sliced chicken fillet and gravy	Cheese and tomato pizza
Lentil and vegetable hotpot with gravy	Chickpea and vegetable curry	Cheese baguette or jam sandwich	Quorn sausages and gravy	Vegetable burgers or jacket potato with beans
Sauté potatoes, cauliflower, carrots	Rice, poppadum's, naan bread, cucumber and mint yoghurt	Sliced cucumber, vegetable sticks, boiled eggs	Yorkshire pudding or onion rings, potatoes, peas	Sweet potato or curly fries, cucumber and carrot sticks, baked beans
Sliced melon, grapes, cheese and crackers	Fruit, ice cream, yoghurts	Cheesecake, fruit salad	Bananas and custard, fromage frais, sliced apple	Mandarins and cream, yoghurts, fresh fruit

### Week Four:

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Macaroni cheese	Chicken and vegetable pie and gravy	Chicken, tuna or ham tortilla wrap and sausage rolls	Lamb and carrots in minted gravy	Mild pork chilli
Mixed bean pasta bake in tomato and basil sauce	Quorn and vegetable casserole or vegetable and chick pea casserole	Cheese tortilla wrap or jam sandwiches and pizza puffs	Chickpeas and leeks and vegetables in gravy	Mild lentil and vegetable chilli
Garlic bread, sliced cucumber, mixed salad leaves, peas and corn	Herby potatoes, crushed swede, broccoli	Carrot sticks, sliced cucumber, boiled eggs, mixed salad	New potatoes, cabbage, sweetcorn	Rice, cucumber, carrots
Apple and cinnamon crumble with custard, yoghurts, fruit	Melon and kiwi, chocolate mousse dessert	Cake or flapjack, bananas, yoghurts	Jelly (gelatine free), fruit and cream, fromage frais	Grapes and orange segments, mini doughnuts

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# Curriculum Challenge Week

‘My City – Birmingham’

## Special Themed Menu

Thursday 12th November 2015



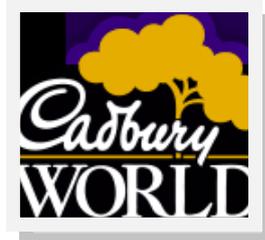
Chicken Balti  
or  
Chickpea & Vegetable Balti (V)



Rice  
Naan Bread  
Poppadoms  
Vegetable Samosa  
Mint Yoghurt  
Cucumber Salad  
Onion Salad



Chocolate Mousse  
Or  
Fresh Fruit & Yoghurts



*[All additional dietary requirements will be catered for]*



# Christmas Lunch Menu

## Friday 11th December 2015

Roast Turkey with Gravy  
Breaded Vegetable Goujon  
Quorn Sausage with Gravy



Creamed or Roast Potatoes

Cauliflower Cheese

Pigs in Blankets

Stuffing

Honey Glazed Parsnips

Steamed Carrots

Button Sprouts

Cranberry Sauce



Christmas Pudding with Custard or Cream

Chocolate Pudding with Custard

Dairy & Egg Free Chocolate Cake

Sliced Melon

Mince Pies

