

## Week one

29/10 19/11 10/12 31/12 21/01 11/02 04/03 25/03

Monday

### Choose a main meal...

Chicken Pie with New Potatoes & Gravy  
Cheese & Tomato Pizza with Wholemeal base ✓  
Jacket Potato with Baked Beans or Grated Cheese

### on the side...

Seasonal Vegetables  
**for dessert...**  
Raspberry Slice  
Fresh Fruit or Yoghurt

Tuesday

### Choose a main meal...

\*Italian Beef Meatballs with Rice  
Macaroni Cheese ✓  
Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

### on the side...

Seasonal Vegetables  
**for dessert...**  
Mixed Fruit Crumble & Custard  
Fresh Fruit or Yoghurt

Wednesday

### Choose a main meal...

Roast Chicken with Mashed Potato & Gravy  
Veggie Meatballs in Gravy with Mashed Potato ✓  
Jacket Potato with Baked Beans, Tuna & Salmon Mayo or Grated Cheese

### on the side...

Seasonal Vegetables  
**for dessert...**  
Flapjack  
Fresh Fruit or Yoghurt

Thursday

### Choose a main meal...

\*Beef Pasta Bolognese  
Omelette with Jacket Wedges ✓  
Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

### on the side...

Seasonal Vegetables  
**for dessert...**  
Iced Lemon Cake  
Fresh Fruit or Yoghurt

Friday

### Choose a main meal...

Fish Fingers & Chips  
Butternut Squash & Chickpea Curry with Chips ✓  
Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

### on the side...

Seasonal Vegetables  
**for dessert...**  
Apricot Shortbread  
Fresh Fruit

## Week two

05/11 26/11 17/12 07/01 23/01 11/03 01/04

### Choose a main meal...

Chicken Korma with Rice  
Cheese & Tomato Pizza on a Wholemeal Base ✓  
Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

### on the side...

Seasonal Vegetables  
**for dessert...**  
Jam Sponge & Custard  
Fresh Fruit or Yoghurt

### Choose a main meal...

\*Pork Sausages with Chips  
Vegetarian Sausages with Chips ✓  
Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

### on the side...

Seasonal Vegetables  
**for dessert...**  
Chocolate Cookie  
Fresh Fruit or Yoghurt

### Choose a main meal...

Roast Turkey with Mashed Potato & Gravy  
Vegetarian Winter Pie ✓  
Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

### on the side...

Seasonal Vegetables  
**for dessert...**  
Toffee Apple Muffin  
Fresh Fruit

### Choose a main meal...

Chicken in Tomato & Basil Sauce with Pasta  
Vegetarian Bolognese with Pasta ✓  
Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

### on the side...

Seasonal Vegetables  
**for dessert...**  
Banana Marble Sponge & Custard  
Fresh Fruit or Yoghurt

### Choose a main meal...

Fishcake with Diced Potatoes  
Quorn Hotdog with Diced Potatoes ✓  
Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

### on the side...

Seasonal Vegetables  
**for dessert...**  
Apricot Shortbread  
Fresh Fruit or Yoghurt

## Week three

12/11 03/12 14/01 04/02 25/02 18/03 08/04

### Choose a main meal...

\*Pork Sausages with Mashed Potato & Gravy  
Vegetarian Sausages with Mashed Potato & Gravy ✓  
Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

### on the side...

Seasonal Vegetables  
**for dessert...**  
Flapjack  
Fresh Fruit

### Choose a main meal...

\*Minced Beef Stew with Dumplings  
Cheese & Tomato Pasta Bake ✓  
Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

### on the side...

Seasonal Vegetables  
**for dessert...**  
Peach Sponge with Custard  
Fresh Fruit or Yoghurt

### Choose a main meal...

Roast Chicken with Roast Potatoes & Gravy  
Baked Bean Lasagne ✓  
Jacket Potato with Baked Beans or Grated Cheese

### on the side...

Seasonal Vegetables  
**for dessert...**  
Chocolate Muffin  
Fresh Fruit or Yoghurt

### Choose a main meal...

\*Beef Lasagne with Garlic Roll  
Cheese & Tomato Pizza Wholemeal Pizza Base ✓  
Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

### on the side...

Seasonal Vegetables  
**for dessert...**  
Apple Crumble & Custard  
Fresh Fruit or Yoghurt

### Choose a main meal...

Fish Fingers & Chips  
Veggie Meatball Sub ✓  
Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

### on the side...

Seasonal Vegetables  
**for dessert...**  
Orange Cookie  
Fresh Fruit or Yoghurt

AUTUMN / WINTER  
2018 / 2019

All our milk is Red Tractor approved



WE BUY 95% of our seasonal vegetables direct from British growers



FRESH SALAD

IS AVAILABLE ON A DAILY BASIS

REDUCING OUR CARBON FOOTPRINT OVER 30% of our products are transported by vehicles that run on biodiesel

AUTUMN/WINTER 2018/19 MENU BUCKS, NORTHAMPTON, BEDS, MILTON KEYNES  
THEME DAYS: See separate posters for details  
For details on how to claim free school meals, please speak to your catering manager or contact us.

\*Contains Pork or Beef

\*\*Terms and conditions apply. Subject to availability.



WE SUPPORT 82 BRITISH DAIRY FARMS



We only use Lion Quality British Eggs

FARM TO FORK

We can trace every cut of meat back to the farms of origin

ALL OUR BREAD IS

FRESHLY BAKED EVERY DAY



All our bananas are FAIRTRADE

