

# Winter Menu 2021

For children with allergies and intolerances, allergen free alternatives are provided each day.

## Gareth's Daily Fresh Salad Bar

A range of seasonal vegetables and accompaniments, including, Grated Carrot, Sliced Cucumber, Tomatoes, Omelette Bites, Sliced Peppers and Bread Rolls

WEEK A	Main Course	Dessert
Monday	A selection of pastas, including Spaghetti Bolognese, Pasta Bake (vg) or Creamy Chicken and Pepperoni Served with Garlic Slices	Raspberry Mouse Cake Fruit
Tuesday	Country or Vegan Sausages (vg) and Yorkshire Puddings Served with Steamed Carrots (vg), Mashed Potato (vg) and Gravy	Sticky Toffee Pudding and Custard Fruit
Wednesday	Chicken Balti or Vegetable Tikka Masala (vg) Served with Steamed Rice (vg) and Naan Bread (v or vg)	Ice cream with Strawberry Sauce Fruit
Thursday	Beef, Vegetable (v) or Vegan Burgers (vg) Served with Potato Wedges (vg) and Baked Beans (vg)	Sweet Iced Finger Fruit
Friday	Baked Fish Fingers, Vegetable Goujons (vg) or Macaroni Cheese (v) Served with Sauté Potatoes (vg) and Garden or Mushy Peas (vg)	Chocolate Brownie Fruit

WEEK B	Main Course	Dessert
Monday	A selection of pizzas, including margarita (v), pepperoni and BBQ chicken or Pasta (vg) Served with Sweetcorn (vg)	Flapjack and Custard Fruit
Tuesday	All Day Breakfast Scrambled Egg, Bacon, Pat's Chipolatas or Vegan Sausages (vg) Served with Baked Beans (vg) and Smiley Faces (vg)	Apple Crumble and Cream Fruit
Wednesday	Crispy Chicken Bites or Sweet and Sour Vegetables (vg) Served with Egg Fried Rice or Vegetable Chow Mein (vg)	Lemon Drizzle Cake and Custard Fruit
Thursday	Pulled BBQ Pork or Macaroni Bites (v) Served with Winter Vegetables (vg) and Roast Potatoes (vg)	Jelly and Cream Fruit
Friday	Battered Fish or Vegan Goujons (vg) or Cheese and Onion Quiche (v) Served with Ziggy Fries (vg) and Garden or Mushy Peas (vg)	Profiteroles and Chocolate Sauce Fruit