

## DITCHEAT PRIMARY SCHOOL WINTER MENU 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>  3 <sup>rd</sup> Sept 23 <sup>rd</sup> Sept 14 <sup>th</sup> Oct 11 <sup>th</sup> Nov 2 <sup>nd</sup> Dec	Sausage & Mash Veggie Sausage & Mash Gravy, Veg.  Jacket Potato  Chocolate Mousse or Fruit or Yogurt	Spaghetti Bolognese Quorn Bolognese Salad  Jacket Potato  Fruit upside down cake & Cream or Fruit or Yogurt	Roast Chicken Quorn Roast Roast Potatoes, Vegetables  Jacket Potato  Fruity Flapjack Or Fruit or Yogurt	Chicken Korma Veggie Korma Rice & Veg  Jacket Potato  Jelly & Ice cream Or Fruit or Yogurt	Fish, Chips & Peas.  Jacket Potato  Apple Crumble & Custard Or Fruit or Yogurt
<b>WEEK 2</b>  9 <sup>th</sup> Sept 30 <sup>th</sup> Sept 21 <sup>st</sup> Oct 18 <sup>th</sup> Nov 9 <sup>th</sup> Dec	Cottage Pie Veggie cottage pie Vegetables  Jacket Potato  Fresh Fruit Medley or Yogurt	Pepperoni Pizza Margarita Pizza Salad  Jacket Potato  Rice Pudding & Jam Or Fruit or Yogurt	Roast Pork Quorn Roast Roast potatoes, Vegetables  Jacket Potato  Ice Cream Cones Or Fruit or Yogurt	Chicken & Broccoli Pasta Bake Salmon & Broccoli Pasta Bake  Jacket Potato  Carrot Cake Or Fruit or Yogurt	Homemade Fishcakes Sauted potatoes Vegetables  Jacket Potato  Apple Pie & Cream Or Fruit or Yogurt
<b>WEEK 3</b>  16 <sup>th</sup> Sept 7 <sup>th</sup> Oct 4 <sup>th</sup> Nov 25 <sup>th</sup> Nov 16 <sup>th</sup> Dec	Chicken Hotpot Quorn Hotpot Vegetables  Jacket Potato  Chocolate Sponge and Custard Or Fruit or Yogurt	Meatballs Quorn balls Spaghetti, Salad  Jacket Potato  Cheesecake Or Fruit or Yogurt	Roast Turkey Quorn Roast Roast potatoes, Vegetables  Jacket Potato  Eton Mess Or Fruit or yogurt	Ham, cheese & tomato Quiche Cheese & tomato Quiche Potato wedges, Salad  Jacket Potato  Bread & butter pudding Or Fruit or yogurt	Fish Fingers Mashed potatoes Spaghetti Hoops/Baked beans  Jacket Potato  Fruit muffins Or Fruit or yogurt

Jacket potatoes are served with cheese, beans and spaghetti hoops.

Our fruit option contains at least 3 of the following every day: banana, apple, orange, grapes, strawberry, pineapple, melon and kiwi.

We serve at least three different types of vegetable each week, depending on what is in season.

Bread, water and lower fat milk are available every day.