

OPTION 4 PRIMARY HOT MEAL SERVED IN DINING HALL  
SEPTEMBER 2020

\*Vegetarian alternatives available, fresh fruit, Soreen, cheese and crackers or yoghurt available as a dessert. Fresh milk or water, unlimited salad available

|        | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--------|--|---|--|---|--|
| Week 1 | *Spaghetti<br>Bolognese, garlic<br>bread<br>Peas<br>Or<br>Filled jacket potato<br><br>Vanilla ice cream          | *Roast turkey, roast<br>and creamed potatoes,<br>stuffing, broccoli and<br>gravy<br>Or<br>Filled jacket potato<br><br>Fresh fruit salad | *Sausage, mashed<br>potatoes, seasonal veg<br>Or<br>Filled jacket potato<br><br>Fruit crumble  | Cooks choice *chicken<br>curry and rice<br>Peas<br>Or<br>Filled jacket potato<br><br>Homemade cake        | *Battered fish, chipped<br>potatoes peas or beans<br>Or<br>Filled jacket potato<br><br>Homemade biscuit            |
| Week 2 | Homemade pizza,<br>Wedged potatoes<br>Sweetcorn and salad<br>Or<br>Filled jacket potato<br><br>Vanilla ice cream | *Roast chicken,<br>roast and creamed<br>potatoes, stuffing,<br>carrots and gravy<br>Or<br>Filled jacket potato<br><br>Fresh fruit salad | *Beef burger in a bun,<br>salad, coleslaw<br>sweetcorn<br>Or<br>Filled jacket potato<br><br>Fruit crumble  | *Seasoned chicken,<br>potato waffle and<br>baked beans<br>Or<br>Filled jacket potato<br><br>Homemade cake | *Battered fish/salmon,<br>chipped potatoes, peas<br>or beans<br>Or<br>Filled jacket potato<br><br>Homemade biscuit |
| Week 3 | Tomato pasta bake<br>Sweetcorn<br>Or<br>Filled jacket potato<br><br>Vanilla ice cream                            | *Roast gammon, roast<br>and creamed potatoes,<br>stuffing, carrots and<br>gravy<br>Or<br>Filled jacket potato<br><br>Fresh fruit salad  | *Homemade chicken<br>goujons/chicken poppers<br>Herby diced potatoes<br>Seasonal vegetables or<br>baked beans<br>Or<br>Filled jacket potato<br><br>Fruit crumble | *Homemade chicken<br>curry and rice<br>Or<br>Filled jacket potato<br><br>Homemade cake                    | *Fish finger, chipped<br>potatoes peas or beans<br>Or<br>Filled jacket potato<br><br>Homemade biscuit              |