

Pork and Beef free menu - October 2017 - March 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
w/c	Week 1				
30 October, 20 November, 11 December 2017 8 & 29 January, 26 February, 19 March 2018			Bubble salmon Sweet potato mash Garden peas and sweetcorn medley Chocolate and pear crumble and chocolate custard	Roast chicken and gravy Roast potatoes Cabbage and carrots Mixed cold dessert	Fish fingers and tomato ketchup Chips Baked beans Apple and blackberry love cake
	Italian tomato pasta Garlic bread Green beans Ice cream	Quorn burger, Yorkshire pudding and gravy Roast potatoes Broccoli, cauliflower and carrot mix Mixed cold dessert	Pizza Garden peas and sweetcorn medley Chocolate and pear crumble and chocolate custard	Vegetarian sausages and gravy Roast potatoes Cabbage and carrots Mixed cold dessert	Sweet potato and lentil curry Rice Naan bread Garden peas Apple and blackberry love cake
	Week 2				
6 & 27 November, 18 December 2017, 15 January, 5 February, 5 & 26 March 2018			Vegetable chilli Rice Broccoli Jumble biscuit	Chicken and sweetcorn pie Mashed potato Carrot and swede and green beans Mixed cold dessert	Battered fish and tomato ketchup Chips Garden peas Fruity chocolate Slice
	Quorn burger and gravy Herby diced potatoes Trio of vegetables Fruit smoothies or organic apple lolly	Vegetarian sausage puff and gravy Roast potatoes Broccoli, cauliflower and carrot mix Mixed cold dessert	Pizza Rainbow sweetcorn Salsa salad Jumble biscuit	Vegetable goujons and gravy Mashed potato Carrot and swede and green beans Mixed cold dessert	BBQ Vegetable and bean wrap Garden peas Fruity chocolate slice
	Week 3				
13 November, 4 December 2017 1 & 22 January, 19 February, 12 March 2018		Roast chicken and gravy Roast potatoes Broccoli, cauliflower and carrot mix Mixed cold desserts	Thai chicken curry Rice Naan bread Garden peas St Clements sponge and custard		Fish fingers and tomato ketchup Chips Baked beans Apple taco
	Vegetarian cottage pie Garden peas Fruit with natural yoghurt	Vegetarian meat free balls in gravy Roast potatoes Broccoli, cauliflower and carrot mix Mixed cold dessert	Pizza Garden peas St Clements sponge and custard	Vegetable lattice slice and gravy Roast potatoes Green beans and diced carrots Mixed cold dessert	Roasted Vegetable pasta Garlic bread Garden peas Apple taco

Additional bread and salad will be available daily

Banana, apple, orange, yoghurt, rice pot, fruit pot, cheese and biscuits or fruit juice will be available daily

This menu has been produced and checked with reference to the HC3S Allergen Carb Fat Value by Menu Item spreadsheet. Specifically the two work sheets identified by red tabs – Primary Menu Summer 17 and Menu ingredients.

Typed By			Date	
Security amended			Date	
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Diet confirmed as accurate			Comments for amendments	
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