

Three Week Rotational Menu. Lent term 2019 (January)

(Maybe be subject to occasional change)

	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks Beginning Jan 7th Jan 28th	Macaroni cheese 2-7-9-13-14 Tomato salad Steamed broccoli & cauliflower Greek yogurt with red fruit compote & butter oat crunch. 2-7-14	Stir fried pork and vegetables 1-2-4-7-13-14 Stir fried Quorn with vegetables (V) 1-2-4-7-13-14 Brown basmati rice Coconut cookies 2-4-7-14	Roast chicken with thyme Stuffed vegetable V 1-2-4-7-13-14 Roast potatoes, Fresh vegetables Gravy (V) 1-13-14 Lemon yogurt drizzle cake 2-4-7-14	Sausage & mash 2-7-13-14 Quorn sausage (V) 1-2-4-7-13 Broccoli Gravy 1 (G/F) Gravy (V) 2-13-14 Apple crumble & custard 2-7-14	Bubble coated wild Alaskan pollack 5-13-14 Skin-on wedges 1-2-14 Petit pois Ketchup 1-14 Homemade jelly
Weeks Beginning 14th Jan Feb 4th	Vegetable, bean & cheese enchiladas 2 7 13 14 Red pepper rice Salsa & cheese 7 Greek style yogurt with butterscotch ripple 7	Chicken & sweet potato korma 2-7-13-14 Sweet potato, cauliflower & chickpea curry (v) 2-7-13-14 Rice / flatbread Banana muffins 2-4-7-14	Roast beef Cauliflower cheese (V) 7-9 Roast potatoes Fresh vegetables Yorkshire pudding 2-4-7-13 Gravy (V) 1-13-14 Carrot cake with cream cheese frosting 2-4-7-14	Penne pasta with tomato, fennel and sausage sauce 2-7-14 Penne pasta with tomato & aubergine 2-7-14 (v) Broccoli Chocolate cake 2-4-7-	Smoked haddock & spring onion fishcakes. 2-7-14 Wedges 1-2-14 Petit pois Ketchup Lemon & orange freeze 2-4-7
Weeks Beginning Jan 21st Feb 11th	Chilli sans carne(v) 2-4-7-9-14 Brown basmati Sour cream & cheese 7 salsa Greek yogurt with brown sugar ripple 2-7	Chicken & potatoes baked with chorizo, pepper & tomato sauce 1-13-14 Halloumi with pepper, potato and tomato sauce (v) 1-7-14 Broccoli / beans Brown basmati rice Chewy oat chocolate bars 2-4-7-14	Roast smoked gammon 14 Vegetable puff (v) 2-4-7-9 Roast potatoes Fresh vegetables Gravy (V) 1-13-14 Dorset apple cake. Single cream 2-4-7-14	Lasagna 1-2-7-9 Cheese spinach & mushroom lasagne (V) 2-7 Broccoli Orange cake with chocolate custard 2-4-7-13	Breaded haddock fillets 2-9 Skinny fries Petit pois Ketchup Black currant mousse 2-4-7-13-14

The numbers, in red, below each menu indicate relevant food allergens. Please refer to the FSA '14 Allergens' poster/list for more details. Pupils with known allergies and/or specific dietary requirements are individually catered for. Please contact the office with any query.