

Glapton Primary Menu – November 2011 – March 2012

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 31 st Oct 28 th Nov 8 th Jan 6 th Feb 12 th Mar	Vegetable Chilli Tortillas Pasta & Vegetables in Mascarpone sauce Wholemeal Baguette Boiled Potatoes Peas & Sweetcorn Cornflake flapjack Fresh fruit salad Milk Shake	Caribbean Jerk Pork Cheese & Carrot Burger Jacket Wedges Mixed Vegetables Cabbage Pineapple Yoghurt Flapjack Fresh Fruit Salad	Roast Beef & Yorkshire pudding with Gravy Quorn Sausage in Onion Gravy & Yorkshire pudding Roast potatoes Vegetable medley Chelsea Buns Fresh Fruit Salad Milk Shake	Chicken Tikka Masala Quorn Cobbler & Dumplings Rice & Naan Bread Boiled Potatoes Carrots & Green Beans Date Slice & Custard Fresh Fruit Salad	Breaded Fish Cheese & Tomato Pizza Light Fries Mushy Peas Coleslaw Yoghurt with Fruit Puree Fresh Fruit Salad Milk Shake
Week 2 7 th Nov 5 th Dec 16 th Jan 20 th Feb 19 th Mar	Vegetable Potato Layer Quorn Lasagne Wholemeal Baguette Green beans & parsnips Sultana & Oatmeal cookie Fresh fruit Salad Milk	All Day Breakfast Vegetarian option available Jacket Wedges Baked Beans Apple Crumble & Custard Fresh Fruit Salad	Roast Pork Stuffing & Gravy with Apple Sauce Quorn Loaf Roast Potatoes Vegetable Medley Dutch Apple tart & Custard Fresh Fruit salad	Salmon Fish Finger Quorn Punjabi Curry Boiled Potatoes Rice & Naan Bread Peas & Spiced Vegetables Rhubarb Streusel Cake & Custard Fresh Fruit Salad	Cheese & Tomato Pizza Ham & Pineapple Pizza Jacket Potato with Tuna Mayo Jacket Potato Sweetcorn Coleslaw Banana Loaf & Custard Fresh Fruit Salad

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Week 3 14 th Nov 12 th Dec 23 rd Jan 27 th Feb 26 th Mar	Pasta with Tomato & Basil Sauce Quorn Pie & Gravy Creamed Potatoes Garlic Bread Carrot & Swede batons Broccoli Chocolate Orange Sponge & Chocolate Custard Fresh fruit salad	Burger in a Bun Baked Vegetable potato layer Jacket Wedges Carrots Baked Beans Crispy Lemon Flan & Custard Fresh Fruit Salad	Roast Chicken Stuffing & Gravy Quorn Sausage in BBQ Sauce Roast Potatoes Vegetable Medley Butterscotch Tart with Fruit Segments Fresh fruit Salad Milk Shake	Beef & Vegetable Pie Cheese & Onion Flan Boiled Potatoes Sweetcorn Cabbage Jelly & Mandarin Oranges Fresh Fruit Salad	Breaded Fish Cheese & Tomato Pizza Ham & Pineapple Pizza Light Fries Mushy Peas Coleslaw Chocolate Muffin Fresh Fruit Salad Milk
Week 4 21 st Nov 19 th Dec 30 th Jan 5 th Mar	Salmon Nibbles Quorn Sweetcorn & Leek Wrap Jacket Wedges Carrots & Green Beans Pear & Ginger Sponge & Custard Fresh Fruit Salad	Beef Lasagne Vegetable Goulash with Dumplings Creamed Potatoes Wholemeal Baguette Peas & Sweetcorn Black Cherry Roly Poly & Custard Fresh Fruit Salad	Roast Gammon & Pineapple Quorn Savoury Crumble Roast Potatoes Vegetable Medley Bristol Tart & Custard Fresh Fruit Salad	Tandoori Chicken Quorn Cottage Pie Bombay Potatoes & Naan Bread Carrots & Parsnips Apricot Slice Fresh Fruit Salad Milk Shake	Cheese & Tomato Pizza Jacket Potato with Cheese Jacket Potatoes Baked Beans Coleslaw Chocolate Brownie Fresh fruit salad Milk