

## WHOLE SCHOOL MEALS - MENU PLAN NOVEMBER 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Baked Sausages with Gravy or Leek & Potato Pie  Creamed Potatoes  Peas & Carrots  Cheeky Chocolate Cake & Chocolate Sauce Fruit Pot	Lasagne or Caribbean Rice  Garlic Bread  Sweetcorn & Mixed Salad  Oaty Peach Crumble & Vanilla Sauce Fruit Pot	Roast Pork & Apple Sauce with Gravy or Cauliflower Cheese  Roast or Creamed Potatoes  Broccoli & Cabbage  Iced Carrot Cake  Yoghurt/Fruit Pot	Stir Fry Chicken & Vegetables or Roasted Vegetable & Lemon Cous Cous  Noodles  Carrot Batons & Sweetcorn  Syrup Sponge & Custard  Fruit Pot	Fish Goujons & Tomato Sauce or Pizza Whirl  Chips or Pasta  Peas & Baked Beans  Shortbread & Milk  Fruit Pot
WEEK 2	Cheesy Puffs & Tomato Sauce or Curried Veggie Pasty  Sweet Tomato Pasta  Baked Beans & Peas  Pineapple Upside Down Cake & Custard Fruit Pot	Pork Meatballs in Tomato Sauce or Quorn Meatloaf in Tomato Sauce  Pasta  Mixed Vegetable & Sweetcorn  Apple & Pear Crumble & Custard  Fruit Pot	Roast Beef & Tidgy Pud with Gravy or Carrot & Lentil Bake  Roast or Creamed Potatoes  Carrots & Green Beans  Golden Krispie Cake  Yoghurt/ Fruit Pot	Chicken & Vegetable Pie & Gravy or Mediterranean Fusilli  Sweet Potato Mash  Cauliflower & Broccoli  Lemon Drizzle Cake  Yoghurt/Fruit Pot	Salmon Nuggets or Mexican Bean Wraps  Chips/Pasta  Peas & Sweetcorn  Oat Cookie & Milk  Fruit Pot
WEEK 3	Sticky Pork Bites or Winter Vegetable & Potato Bake  Garlic Crushed New Potatoes  Green Beans & Sweetcorn  Fruit Cobbler & Custard Fruit Pot	Cottage Pie & Gravy or Mushroom Carbonara  Cabbage & Swede  Jam Roly Poly & Custard Fruit Pot	Roast Turkey & Stuffing with Gravy or Spanish Omelette  Roast Potatoes/Rice  Broccoli & Carrots  Ice Cream/Frozen Fruit Smoothie Yoghurt/ Fruit Pot	Mexican Beef Wraps & Rice or Jacket Potato with Cheese & Beans  Spinach & Tomato or Mixed Salad  Lemon Meringue Pie Yoghurt/Fruit Pot	Fish Fingers & Tomato Sauce or Roasted Vegetable Tart  Chips/Pasta  Mixed Vegetable & Baked Beans  Fruit Fool Fruit Pot
WEEK 4	Macaroni Cheese or Veggie Bolognaise  Garlic Dough Balls  Peas & Sweetcorn  Chocolate Sponge & Chocolate Sauce Fruit Pot	Spaghetti Bolognaise or Veggie Curry & Rice  Garlic Bread  Carrots & Mixed Vegetable  Jam Tart & Custard Fruit Pot	Roast Gammon with Gravy or Red Lentil & Vegetable Tart  Roast/Creamed Potatoes  Cauliflower & Swede  Jelly & Cream Yoghurt/Fruit Pot	BBQ Chicken Pittas or Spring Rolls  Jacket Wedges  Baked Beans & Sweetcorn  Marble Sponge & Custard Fruit Pot	Thai Style Fish Cakes with Sweet Chilli Sauce Or Pizza  Chips/Pasta  Peas & 5 Bean Salad  Banana Muffins Yoghurt/Fruit Pot

**Bread, salad and fresh drinking water are available with every meal. Fresh Fruit is available as alternative to main dessert daily.**

See [www.wholeschoolmeals.co.uk/menus.html](http://www.wholeschoolmeals.co.uk/menus.html) for week dates Whole School Meals Ltd is supported by CLFSE