

WEEK 3

CHOICES HALAL MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread
CHOICE 1	Halal Chicken Curry with Rice	Halal Meatballs in Gravy with Potatoes	Halal Lamb Chilli with Rice	Breaded Fish with Potatoes	Halal Lamb Pie with Potatoes
CHOICE 2	Quorn Dog & Onions Herb or Plain Potato Wedges	Baked Beans on Toast	Cheese & Tomato Pizza Spiced or Plain Diced Potatoes	Macaroni Cheese Garlic & Herb Bread	Quorn Goujon Herb or Plain Potato Wedges
CHOICE 3 DELI	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day
VEGETABLES	Spiced Onion Salad Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Mixed Vegetables Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Sweetcorn Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Beetroot Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Cabbage Lettuce Tomato Cucumber Spring Onion Mixed Peppers
DESSERT	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit
DRINKS	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water

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SECONDARY MENU Weekly Cycle 2017

WEEK 1	23/10	13/11	4/12		1/1	22/1	12/2	5/3	26/3
WEEK 2	30/10	20/11	11/12		8/1	29/1	19/2	12/3	
WEEK 3	6/11	27/11	18/12		15/1	5/2	26/2	19/3	

Select a main meal, drink and dessert.
Choose as much fruit & vegetables,
and soup & bread as you like.

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THE NEW AUTUMN/WINTER MENU
STARTS 23 OCTOBER 2017

WEEK 1 CHOICES HALAL MENU

WEEK 2 CHOICES HALAL MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread
CHOICE 1	Halal Chicken Tikka with Rice	Halal Lamb Bolognaise Garlic & Herb Bread	Halal Chicken Pie with Potatoes	Quorn Sausages in Gravy with Potatoes	Halal Roast Chicken Yorkshire Pudding with Potatoes
CHOICE 2	Cheese & Tomato Pizza with Pasta	Keema Burger in a Bun Spiced or Plain Diced Potatoes	Fish Fingers Oven Chips or Potatoes	Halal Spicy Chicken with Noodles	Baked Beans on Toast
CHOICE 3 DELI	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day
VEGETABLES	Spiced Onion Salad Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Sweetcorn & Peas Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Green Beans Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Baked Beans Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Turnip Lettuce Tomato Cucumber Spring Onion Mixed Peppers
DESSERT	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit
DRINKS	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread
CHOICE 1	Macaroni Cheese Garlic & Herb Bread	Broccoli Quiche with Potatoes	Halal Chicken Curry with Rice	Fish Cake with Roast Potatoes	Breaded Fish with Potatoes
CHOICE 2	Keema Burger in Gravy with Potatoes	Cheese & Tomato Pizzini Herb or Plain Potato Wedges	Salmon Nibbles Oven Chips or Potatoes	Baked Beans on Toast	Halal Chilli Chicken Wrap Spiced or Plain Diced Potatoes
CHOICE 3 DELI	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day
VEGETABLES	Carrots Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Vegetable Medley Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Tomato & Onion Salad Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Broccoli Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Garden Peas Lettuce Tomato Cucumber Spring Onion Mixed Peppers
DESSERT	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit
DRINKS	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water