

# Ravenscroft Primary School Menu

Menu from 31<sup>st</sup> October 2016 to 31<sup>st</sup> March 2017

## Week 1

(Weeks beginning: 31/10, 28/11, 09/01, 06/02, 13/03)

	Monday	Tuesday	Wednesday	Thursday	Friday
Fish Choice	Italian Fish Fillet with Herby Tomato Sauce & Mashed Potatoes*	Tuna Wrap with Salad & Mayonnaise	White Fish Bake with Roast or Boiled Potatoes	Creamy Cod & Salmon Potato Bake*	Fish Fingers with Potato Wedges
Meat Choice	Chicken Sausages & Onion Gravy with Mashed Potatoes	Lamb & Vegetable Tikka Masala with Rice*	Roast Chicken & Stuffing with Roast or Boiled Potatoes*	Cottage Pie (Lamb)*	BBQ Chicken with Potato Wedges*
Vegetarian Choice	Spanish Omelette* with Wholemeal Baguette & Salad	Vegetarian Lasagne & Side Salad*	Roast Vegetable Pie with Roast or Boiled Potatoes*	Cheese & Tomato Pizza	Mixed Bean Burrito with Salsa & Potato Wedges*
Vegetable Selection	Fresh Sliced Carrots Peas	Sweetcorn Green Beans	Fresh Seasonal Vegetables	Sweetcorn Broccoli	Peas Baked Beans
Dessert	Strawberry & Vanilla Mousse	Apple Crumble & Custard*	Rice Pudding with Jam*	Chocolate Orange Sponge with Chocolate Sauce*	Fruit Jelly & Ice Cream

## Week 2

(Weeks beginning: 07/11, 05/12, 16/01, 13/02, 20/03)

	Monday	Tuesday	Wednesday	Thursday	Friday
Fish Choice	Salmon, Broccoli & Sweetcorn Pasta Bake*	Jacket Potato with Tuna & Sweetcorn	Crunchy Cod Crumble & Cheese Sauce with Roast or Boiled Potatoes	Goan Fish Curry with Rice*	Fish Fillet in Batter with Chips or Mashed Potatoes
Meat Choice	Lamb Burger in a Bun with Salad	Chilli Con Carne (Lamb) with Rice and Tortilla*	Roast Lamb with Roast or Boiled Potatoes*	Spaghetti Bolognese (Lamb)	Creamy Chicken & Leek Pie with Chips or Mashed Potatoes*
Vegetarian Choice	Chick Pea & Potato Curry with Rice*	Quorn Frankfurter Hot Dog Roll with Onions	Quorn Casserole with Roast or Boiled Potatoes*	Two Cheese Wholemeal Hoagie Melt with Peppers & Onions*	Cheese & Onion Slice with Chips or Mashed Potatoes
Vegetable Selection	Baked Beans Green Beans	Fresh Broccoli Beans	Fresh Seasonal Vegetables	Sweetcorn	Sliced Carrots
Dessert	Raspberry Ripple Ice Cream Sponge Roll	Spiced Banana Cake & Custard*	Orange & Mango Fruit Smoothie	Oat & Raisin Cookie	Fruit Salad & Yoghurt Ice Cream

All items are subject to availability.

\*Indicates home-made dish

## Week 3 (Week beginning: 14/11, 12/12, 23/01, 27/02, 27/03)

	Monday	Tuesday	Wednesday	Thursday	Friday
Fish Choice	Tuscan Tuna Pasta Bake*	Cod Fillet in Parsley Sauce with Mashed Potatoes*	White Fish Bake with Boiled or Roast Potatoes	Fish Korma with Rice*	Fish Fingers with Potato Wedges
Meat Choice	Piri Piri Chicken with Rice*	Chicken Sausages with Mashed Potatoes	Roast Chicken & Stuffing with Roast or Boiled Potatoes*	Lasagne (Lamb) & Side Salad	Moroccan Lamb Tagine with Rice or Potato Wedges*
Vegetarian Choice	Vegetarian Spaghetti Bolognese*	Vegetarian Shepherd's Pie	BBQ Quorn Burger in a Bun with Roast or Boiled Potatoes*	Mediterranean Vegetable & Mixed Bean Pasta Bake	Vegetarian Chilli with Rice or Potato Wedges*
Vegetable Selection	Broccoli Sweetcorn	Fresh Carrots Peas	Fresh Seasonal Vegetables	Baby Carrots Sweetcorn	Peas Baked Beans
Dessert	Chocolate Mousse	Dorset Apple Cake with Custard*	Fruit Flapjack & Crème Fraiche*	Orange & Lemon Sponge with Custard*	Fruit Jelly & Ice Cream

## Week 4 (Week beginning: 21/11, 03/01, 30/01, 06/03)

	Monday	Tuesday	Wednesday	Thursday	Friday
Fish Choice	Fisherman's Pie with Mashed Potato Topping*	Jacket Potato with Tuna & Sweetcorn	Baked Lemon & Herb Cod Fillet with Roast or Boiled Potatoes*	Cod & Salmon Biryani*	Fish in Batter with Chips or Mashed Potatoes
Meat Choice	Lamb & Vegetable Jollof Rice*	Southern Seasoned Chicken with Mashed Potatoes*	Roast Lamb with Roast or Boiled Potatoes*	Chicken Meatballs with Pasta & Tomato & Basil Sauce*	Chicken & Sweetcorn Pie with Chips or Mashed Potatoes*
Vegetarian Choice	Butternut Squash Macaroni Cheese*	Vegetarian Spaghetti Bolognese*	Wholemeal Leek & Tomato Quiche with Boiled or Roast Potatoes*	Quorn & Sweet Potato Curry with Rice*	Quorn, Cauliflower & Broccoli Bake*
Vegetable Selection	Green Beans Broccoli	Sweetcorn Sliced Carrots	Fresh Broccoli	Sweetcorn Baby Carrots	Peas Baked Beans
Dessert	Chocolate Sponge Ice Cream Roll	Peach & Pear Crumble with Custard*	Fruit Cheesecake*	Raspberry & Coconut Sponge with Custard*	Scotch Pancakes with Fruit & Ice Cream

All items are subject to availability.

\*Indicates home-made dish



All items are subject to availability.

**\*Indicates home-made dish**

