

# Lunches for Learning Autumn/Winter 2018-19 / 3 choice

Meals are 2 courses

Available every day: Milk & Water • Selection of Bread • Salad • Fresh Fruit • Yoghurts

**Week 1**  
 Weeks commencing 29th October, 26th November, 7th January, 4th February, 4th March, 1st April

Starter/Dessert	Monday	Tuesday	Wednesday	Thursday	Friday
Orange - Main	Macaroni Cheese & Garlic Bread <sup>(H)</sup>	Fruit Sponge Finger & Custard <sup>(H)</sup>	Soup of the Day <sup>(H)</sup>	Daty Fruit Crumble & Custard <sup>(H)</sup>	
Blue - Sandwiches <small>in either a wrap, bread or a roll depending on availability. Served with salad and veg.</small>	Egg Mayonnaise <sup>(V)</sup> or Cook's Homemade Sandwich Spread <sup>(V)</sup>	Mince & Tatties <sup>(H)</sup>	Fish <sup>(MSC)</sup> & Potato Wedges	Traditional Roast Pork & Gravy with Boiled Potatoes <sup>(H)</sup>	
Green - Vegetarian/Fish	Jacket Potato & Cheese <sup>(V)</sup>	Quorn Mince & Tatties <sup>(V)(H)</sup>	Cream Cheese <sup>(V)</sup> or Chicken	Tuna Mayonnaise or Cheese <sup>(V)</sup>	
Accompaniments <small>The vegetables shown here to be served this week, days may vary depending on deliveries to your school.</small>	Roasted Tomatoes Winter Coleslaw	Organic Carrots Neeps	Garden Peas Baked Beans	Baked Salmon with Cous Cous <sup>(MSC)(H)</sup>	

**Week 3**  
 Weeks commencing 28th November, 18th December, 21st January, 18th February (in service), 18th March

Starter/Dessert	Monday	Tuesday	Wednesday	Thursday	Friday
Orange - Main	Tomato Pasta Bake & Garlic Bread <sup>(V)</sup>	Spiced Apple Cake & Custard <sup>(H)</sup>	Soup of the Day <sup>(H)</sup>	Rice Pudding & Fruit	
Blue - Sandwiches <small>in either a wrap, bread or a roll depending on availability. Served with salad and veg.</small>	Cook's Homemade Sandwich Spread <sup>(V)</sup> or Egg Mayonnaise <sup>(V)</sup>	Chicken or Cheese <sup>(V)</sup>	Honey roast Ham or Cream Cheese <sup>(V)</sup>	Traditional Roast Beef & Gravy with Roast Potatoes	
Green - Vegetarian/Fish	Jacket Potato & Cheese <sup>(V)</sup>	Tuna Pasta Salad <sup>(H)</sup>	Quorn Tikka Masala & Rice <sup>(V)(H)</sup>	Quiche & Roast Potatoes <sup>(V)</sup>	
Accompaniments <small>The vegetables shown here to be served this week, days may vary depending on deliveries to your school.</small>	Broccoli Florets Winter Coleslaw	Veg Batons Garden Peas	Cauliflower Sweetcorn	Neeps Organic Carrots	

**\* Some schools may have cook's starter on this day MSC - Marine Stewardship Council (V) Vegetarian H - Homemade # Venison Burger - 64% Venison, 28% Lamb**

**Week 2**  
 Weeks commencing 5th November, 3rd December, 14th January, 11th February, 11th March

Starter/Dessert	Monday	Tuesday	Wednesday	Thursday	Friday
Orange - Main	Cheese & Tomato Pizza with Garlic Bread <sup>(V)</sup>	Pasta Bolognese <sup>(H)</sup>	Bubble Fish <sup>(MSC)</sup> & Chips	Roast Chicken & Potato & Neep Mash (Clapshot)	
Blue - Sandwiches <small>in either a wrap, bread or a roll depending on availability. Served with salad and veg.</small>	Egg Mayonnaise <sup>(V)</sup> or Cream Cheese <sup>(V)</sup>	Cheese <sup>(V)</sup> or Tuna Mayonnaise	Chicken or Cheese <sup>(V)</sup>	Egg Mayonnaise <sup>(V)</sup> or Honey Roast Ham	
Green - Vegetarian/Fish	Sweet & Sour Noodles with Vegetables & Garlic Bread <sup>(V)(H)</sup>	Quorn Pasta Bolognese <sup>(V)(H)</sup>	Quorn Dippers with Sauce & Chips <sup>(V)</sup>	Jacket Potato & Tuna Mayonnaise	
Accompaniments <small>The vegetables shown here to be served this week, days may vary depending on deliveries to your school.</small>	Carrot Salad Sweetcorn	Organic Carrots Roasted Cauliflower	Broccoli Florets Garden Peas	Green Beans Brussel Sprouts	

**Week 4**  
 Weeks commencing 19th November, 17th December, 28th January, 25th February, 25th March

Starter/Dessert	Monday	Tuesday	Wednesday	Thursday	Friday
Orange - Main	Cheese & Tomato Pizza with Garlic Bread <sup>(V)</sup>	Chicken Casserole & Rice <sup>(V)</sup>	Fish Fingers <sup>(MSC)</sup> & Chips	Steak Pie & Boiled potatoes <sup>(H)</sup>	
Blue - Sandwiches <small>in either a wrap, bread or a roll depending on availability. Served with salad and veg.</small>	Cheese <sup>(V)</sup> or Egg Mayonnaise	Cream Cheese <sup>(V)</sup> or Honey Roast Ham	Cheese <sup>(V)</sup> or Chicken	Cheese <sup>(V)</sup> or Tuna Mayonnaise	
Green - Vegetarian/Fish	Savoury Rice with Mexican Beans & Garlic Bread <sup>(V)(H)</sup>	Spanish Omelette <sup>(V)(H)</sup>	Quorn Dippers with Sauce & Chips <sup>(V)</sup>	Vegetable Pie & Boiled potatoes <sup>(H)</sup>	
Accompaniments <small>The vegetables shown here to be served this week, days may vary depending on deliveries to your school.</small>	Garden Peas Carrot Salad	Brussel Sprouts Roasted Veg	Cauliflower Sweetcorn	Organic Carrots Broccoli Florets	