

WINSLOW

Week 1
2/9/19-6/9/19

	Monday 2/9/19	Tuesday 3/9/19	Wednesday 4/9/19	Thursday 5/9/19	Friday 6/9/19
<i>Main</i>	<i>INSET DAY</i>	<i>INSET DAY</i>	<i>Roast Chicken</i> <i>stuffing</i> <i>roast potatoes</i> <i>cauliflower</i> <i>broccoli</i> <i>& gravy</i>	<i>Tomato Chicken</i> <i>Pasta</i> <i>roasted mixed</i> <i>vegetables</i>	<i>Fish Fingers</i> <i>Chips</i> <i>baked beans</i> <i>or peas</i>
<i>Vegetarian</i>			<i>Mixed Vegetable</i> <i>Loaf</i> <i>roast potatoes</i> <i>cauliflower</i> <i>broccoli</i> <i>& gravy</i>	<i>Shepherdess Pie</i> <i>roasted mixed</i> <i>vegetables &</i> <i>gravy</i>	<i>Cheese & Onion</i> <i>Quiche</i> <i>chips</i> <i>baked beans</i> <i>or peas</i>
<i>Pudding</i>			<i>Oaty Cookie</i>	<i>Apple Crumble</i> <i>with custard</i>	<i>Fruit & Yoghurt</i>

WINSLOW

Week 2
9/9/19-13/9/19

	Monday 9/9/19	Tuesday 10/9/19	Wednesday 11/9/19	Thursday 12/9/19	Friday 13/9/19
<i>Main</i>	<i>Cheese & Tomato Pizza new potatoes peppers & green beans</i>	<i>Cottage Pie with gravy peas & cauliflower</i>	<i>Roast Pork roasted new potatoes gravy cabbage & carrots</i>	<i>Chicken Tagine with rice sweetcorn & baked tomatoes</i>	<i>Breaded Fish Chips baked beans or peas</i>
<i>Vegetarian</i>	<i>Vegetable Tagine with couscous peppers & green beans</i>	<i>Vegetarian Soya Spaghetti Bolognese peas &</i>	<i>Quorn Fillet roasted new potatoes gravy cabbage & carrots</i>	<i>Lentil & Sweet Potato Curry with rice sweetcorn & baked tomatoes</i>	<i>Red Pepper & Cheese Frittata chips baked beans or peas</i>
<i>Pudding</i>	<i>Wholemeal Pear Crumble with cream</i>	<i>Chocolate Shortbread</i>	<i>Apple Flapjack</i>	<i>Eves Pudding with custard</i>	<i>Fruit & Yoghurt</i>

WINSLOW

Week 3
16/9/19-20/9/19

	Monday 16/9/19	Tuesday 17/9/19	Wednesday 18/9/19	Thursday 19/9/19	Friday 20/9/19
<i>Main</i>	<i>Spaghetti Bolognese peas & carrots</i>	<i>Chicken Lentil & gravy pie new potatoes sweetcorn & broccoli</i>	<i>Roast Turkey roast potatoes mixed seasonal vegetable & gravy</i>	<i>Beef Lasagne garlic bread Tomato & Onion Salad green beans</i>	<i>Fish in batter Chips baked beans or peas</i>
<i>Vegetarian</i>	<i>Quorn Burger new potatoes peas & carrots</i>	<i>Creamy Vegetable Pie with mashed potato sweetcorn & broccoli</i>	<i>Vegetarian Wellington roast potatoes mixed seasonal vegetable & gravy</i>	<i>Roasted Cauliflower Curry with rice tomato & onion salad green beans</i>	<i>Vegetable Wholemeal Pasta bake baked beans or peas</i>
<i>Pudding</i>	<i>Banana Loaf with custard</i>	<i>Fruit & Yoghurt</i>	<i>Apple Cheese & biscuits</i>	<i>Chocolate & Mandarin Sponge with chocolate sauce</i>	<i>Mixed Apple Crumble with cream</i>

WINSLOW

Week 4
23/9/19-27/9/19

Monday
23/9/19

Tuesday
24/9/19

Wednesday
25/9/19

Thursday
26/9/19

Friday
27/9/19

Main

Pork Sausage in a hot dog roll with potato wedges sweetcorn & coleslaw

Macaroni Cheese green beans & carrots

Roast Chicken stuffing roast potatoes cauliflower broccoli & gravy

Tomato Chicken Pasta roasted mixed vegetables

Fish Fingers Chips baked beans or peas

Vegetarian

Quorn sausage in a hot dog roll with potato wedges sweetcorn & coleslaw

Five Bean Chilli with 50/50 rice green beans & carrots

Mixed Vegetable Loaf roast potatoes cauliflower broccoli & gravy

Shepherdess Pie roasted mixed vegetables & gravy

Cheese & Onion Quiche chips baked beans or peas

Pudding

Orange Drizzle Cake

Carrot & Courgette Cake with cream

Oaty Cookie

Apple Crumble with custard

Fruit & Yoghurt

WINSLOW

Week 5
1/10/18-5/10/18

	Monday 30/9/19	Tuesday 1/10/19	Wednesday 2/10/19	Thursday 3/10/19	Friday 4/10/19
<i>Main</i>	<i>Cheese & Tomato Pizza new potatoes peppers & green beans</i>	<i>Cottage Pie with gravy peas & cauliflower</i>	<i>Roast Pork roasted new potatoes gravy cabbage & carrots</i>	<i>Chicken Tagine with rice sweetcorn & baked tomatoes</i>	<i>Breaded Fish Chips baked beans or peas</i>
<i>Vegetarian</i>	<i>Vegetable Tagine with couscous peppers & green beans</i>	<i>Vegetarian Soya Spaghetti Bolognaise peas & cauliflower</i>	<i>Quorn Fillet roasted new potatoes gravy cabbage & carrots</i>	<i>Lentil & Sweet Potato Curry with rice sweetcorn & baked tomatoes</i>	<i>Red Pepper & Cheese Frittata chips baked beans or peas</i>
<i>Pudding</i>	<i>Wholemeal Pear Crumble with cream</i>	<i>Chocolate Shortbread</i>	<i>Apple Flapjack</i>	<i>Eves Pudding with custard</i>	<i>Fruit & Yoghurt</i>

WINSLOW

Week 6
7/10/19-11/10/19

Monday
7/10/19

Tuesday
8/10/19

Wednesday
9/10/19

Thursday
10/10/19

Friday
11/10/19

Main

*Spaghetti
Bolognaise
peas
& carrots*

*Chicken Lentil &
gravy pie
new potatoes
sweetcorn &
broccoli*

*Roast Turkey
roast potatoes
mixed seasonal
vegetable &
gravy*

*Beef Lasagne
garlic bread
Tomato & Onion
Salad
green beans*

*Fish in batter
Chips
baked beans
or peas*

Vegetarian

*Quorn Burger
new potatoes
peas & carrots*

*Creamy Vegetable
Pie with mashed
potato
sweetcorn &
broccoli*

*Vegetarian
Wellington
roast potatoes
mixed seasonal
vegetable &
gravy*

*Roasted
Cauliflower Curry
with rice
tomato & onion
salad
green beans*

*Vegetable
Wholemeal Pasta
bake
baked beans
or peas*

*⁶
Pu*

*Banana Loaf with
custard*

Fruit & Yoghurt

*Apple Cheese &
biscuits*

*Chocolate &
Mandarin Sponge
with chocolate*

*Mixed Apple
Crumble with cream*

WINSLOW

Week 7
14/10/19-18/10/19

Monday
14/10/19

Tuesday
15/10/19

Wednesday
16/10/19

Thursday
17/10/19

Friday
18/10/19

Main

*Pork Sausage in a hot dog roll with potato wedges
sweetcorn & coleslaw*

*Macaroni Cheese
green beans & carrots*

*Roast Chicken stuffing
roast potatoes
cauliflower
broccoli & gravy*

*Tomato Chicken
Pasta
roasted mixed
vegetables*

*Fish Fingers
Chips
baked beans
or peas*

Vegetarian

*Quorn sausage in a hot dog roll with potato wedges
sweetcorn & coleslaw*

*Five Bean Chilli with 50/50 rice
green beans & carrots*

*Mixed Vegetable Loaf
roast potatoes
cauliflower
broccoli & gravy*

*Shepherdess Pie
roasted mixed
vegetables & gravy*

*Cheese & Onion Quiche
chips
baked beans
or peas*

Pudding

Orange Drizzle Cake

Carrot & Courgette Cake with cream

Oaty Cookie

Apple Crumble with custard

Fruit & Yoghurt

WINSLOW

Week 8
21/10/19-25/10/19

Monday
21/10/19

Tuesday
22/10/19

Wednesday
23/10/19

Thursday
24/10/19

Friday
25/10/19

Main

*Cheese & Tomato
Pizza
new potatoes
peppers & green
beans*

*Cottage Pie with
gravy
peas &
cauliflower*

*Roast Pork
roasted new
potatoes
gravy
cabbage & carrots*

*Chicken Tagine
with rice
sweetcorn &
baked tomatoes*

*Breaded Fish
Chips
baked beans
or peas*

Vegetarian

*Vegetable Tagine
with couscous
peppers & green
beans*

*Vegetarian Soya
Spaghetti
Bolognaise
peas &
cauliflower*

*Quorn Fillet
roasted new
potatoes
gravy
cabbage & carrots*

*Lentil & Sweet
Potato Curry
with rice
sweetcorn &
baked tomatoes*

*Red Pepper &
Cheese Frittata
chips
baked beans
or peas*

Pudding

8

*Wholemeal Pear
Crumble with
cream*

*Chocolate
Shortbread*

Apple Flapjack

*Eves Pudding with
custard*

Fruit & Yoghurt