

The Meal Wagon'

Autumn Term Menus

Produce sourced from local suppliers

Menu 1. Weeks Commencing (For 01/11/09 please see reverse), 22/11/10, (For 13/12/10 please see reverse)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Crumbed Fish & Tomato Ketchup	*Spaghetti Bolognaise	*Roast Beef & Yorkshire Pudding	*Ham & Sweetcorn Pizza	*Chicken Pie
Carbohydrates	Chips	*Garlic Bread	*Roast Potatoes	Jacket Potato	*Sauté Potatoes
Vegetables/ Salad	Garden Peas	Broccoli &/or Carrots	Swede/Carrots &/or Cauliflower	Baked Beans &/or *Coleslaw	Green Beans
Desserts	*Gingerbread & Custard	*Fruit Muffin	*Jelly & Fruit	*Chocolate Sponge & Chocolate Sauce	*Fresh Fruit Platter

Menu 2. Weeks Commencing (For 8/11/10 please see reverse), 29/11/10, 20/12/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	*Sausages & Onion Gravy	*Roast Chicken & Stuffing	Fishfingers & Tomato Ketchup	*Cottage Pie	*Burger
Carbohydrates	*Cheesy Mashed Potatoes	*Roast Potatoes	Chips	*Mashed Potatoes	Bread Roll
Vegetables/ Salad	Peas	Carrots &/or Cauliflower	Sweetcorn	Cabbage &/or Carrots	Beans &/or *Coleslaw
Desserts	*Apple Crumble & Custard	*Fresh Fruit Platter	*Syrup Sponge & Custard	*Semolina Pudding & Jam Sauce	*Chocolate Crackle

Menu 3. Weeks Commencing 15/11/10, 6/12/10, 18/10/10



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	*Chilli Con Carne	*Roast Pork & Apple Sauce	Fishcake	*Beef Casserole & Dumpling	*Chicken Tikka Masala
Carbohydrates	Rice *Garlic Bread	*Mashed Potatoes	Chips	*Steamed Potatoes	Rice Naan Bread
Vegetables/ Salad	Sweetcorn	Carrots &/or Garden Peas	Baked Beans	Garden Peas	Baby Carrots
Desserts	*Wellington Fudge & Custard	*Fresh Fruit Salad & Icecream	*Orange Sponge & Custard	*Melting Moment	*Flapjack & Custard

**A selection of bread and salad will be available each day
 Fresh drinking water will be available each day
 A selection of fruit & yoghurts will be available each day**



Please Note:

- * denotes dishes that are freshly made in the kitchen
- Please be aware that these dishes may contain traces of nut or nut derivatives
- It may be necessary to change the menu without prior notice


Menu 1. Week Commencing 01/11/09

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Crumbed Fish & Tomato Ketchup	*Spaghetti Bolognaise	*Roast Beef & Yorkshire Pudding	*Ham & Sweetcorn Pizza	*Sausage 
Carbohydrates	Chips	*Garlic Bread	*Roast Potatoes	Jacket Potato	Jacket Potato
Vegetables/ Salad	Garden Peas	Broccoli &/or Carrots	Swede/Carrots &/or Cauliflower	Baked Beans &/or *Coleslaw	Baked Beans
Desserts	*Gingerbread & Custard	*Fruit Muffin	*Jelly & Fruit	*Fresh Fruit Platter	*Syrup Sponge & Custard 

Menu 2. Week Commencing 8/11/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	*Cottage Pie	*Roast Chicken & Stuffing	Fishfingers & Tomato Ketchup	*Roast Beef & Yorkshire Pudding 	*Burger
Carbohydrates	*Mashed Potatoes	*Roast Potatoes	Potato Wedges	*Roast Potatoes *Mashed Potatoes	Bread Roll
Vegetables/ Salad	Carrots &/or Cabbage	Carrots &/or Cauliflower	Sweetcorn &/or Garden Peas	Baby Carrots Peas	Beans &/or *Coleslaw
Desserts	*Semolina Pudding & Jam Sauce	*Fresh Fruit Platter	*Syrup Sponge & Custard	*Jelly & Ice-cream 	*Chocolate Crackle

Menu 1. Week Commencing 13/12/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Crumbed Fish & Tomato Ketchup	*Spaghetti Bolognaise	*Mince & Dumplings	*Roast Turkey, Sausages, Stuffing & Gravy 	Pantomime
Carbohydrates	Chips	*Garlic Bread	*Steamed Potatoes	*Roast Potatoes Chipolatas	
Vegetables/ Salad	Garden Peas	Broccoli &/or Carrots	Carrots	Carrots Sprouts	
Desserts	*Gingerbread & Custard	*Fruit Muffin	*Jelly & Fruit	*Chocolate Festive Cupcake or *Christmas Pudding 