

# WINTER/SPRING MENU 2017/18



## Meat Free Monday

Quorn & Potato Pie  
Cheese Whirl with  
Homemade Tomato Sauce  
Soup & Vegetarian Sandwich  
Selection  
Chipped Potatoes  
Mixed Vegetables  
Tutti Frutti Yoghurt

## Traditional Tuesday

Baked Sausages, Yorkshire  
Pudding & Onion Gravy  
Spanish Omelette  
Tomato & Herb Pasta  
Mashed Potatoes or Sliced  
Baguette  
Cabbage & Carrots  
Fruit & Yoghurt

## World Food Wednesday

Tandoori Chicken  
Chickpea & Tomato Curry  
Jacket Potato Selection  
Baked Jacket Wedges  
Mini Corn on the Cob  
Fruit with Custard

## Thursday Favourites

Homemade Lamb Curry  
Cheese & Potato Bake  
Filled Roll Selection  
Sliced Malted Bloomer  
Beetroot & Carrots  
Mixed Vegetables  
Fruit Salad with Mango Frozen  
Yoghurt

## Fish Friday

Fish Fingers  
Tomato & Mascarpone Pasta  
Filled Baguette Selection  
Mashed Potatoes  
Garden or Mushy Peas  
Jelly & Fruit

## Week 1

Vegetable Quiche  
Neapolitan Pasta  
Sandwich Special  
Mashed Potatoes  
Garden Peas & Sweetcorn  
Fruit Salad with Strawberry  
Yoghurt

Roast Dinner & Gravy  
Quorn Sausage & Gravy  
Filled Bloomer Selection  
Roast & Creamed Potatoes  
Carrot & Swede or Broccoli  
Stewed Apple & Cinnamon  
with Custard

Chicken Curry  
Homemade Pizza Slices  
Jacket Potato Selection  
Sunshine Rice, Broccoli  
Baked Beans  
Cheese & Crackers with  
Apple & Cucumber Sticks

Lamb Bolognese  
Veggie Chilli con Carne  
Filled Baguette Selection  
Wholemeal Spaghetti  
Mixed Vegetables  
Fruit Dessert Selection

Fish Goujons  
Vegetable Curry  
Homemade Soup &  
Filled Sandwich Selection  
Chipped Potatoes  
Rice, Naan  
Garden Peas  
Fruit & Yoghurts

## Week 2

Homemade Pizza Slices  
Veggie Chilli con Carne  
Vegetarian Filled Baguette  
Selection  
Baked Jacket Wedges  
Mini Corn on the Cob  
Fruit Salad & Ice Cream

Homemade Chicken Curry  
Vegetable Stir Fry  
Hot Sandwich Special  
Sliced Baguette  
Sunshine Rice  
Beetroot & Carrots  
Cheese & Crackers with  
Carrots & Cucumber Sticks

Chicken & Vegetable Pie  
with Gravy  
Vegetarian Sausage Roll &  
Tomato Sauce  
Homemade Soup & Hot Sandwich  
Chipped Potatoes  
Mixed Vegetables  
Winter Fruit Crunch

Chilli con Carne  
Popeye's Super Spaghetti  
Homemade Soup &  
Filled Sandwich  
Baked Jacket Wedges  
Sweetcorn  
Fruit Dessert Selection

Salmon & Sweet Potato  
Fishcake  
Cheese Omelette  
Jacket Potato Selection  
Mashed Potatoes  
Garden Peas  
Peach Melba

## Week 3

The Fresh Fayre Gang - making your school dinners taste great!

Temple



[myschoollunch.co.uk/manchester](http://myschoollunch.co.uk/manchester)

