











WEEK ONE

MALIN BRIDGE PRIMARY MENU - FROM NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Posh Hot Dog with Onions, Jacket Wedges and Tomato Sauce	 Spaghetti Bolognese with Homemade Garlic Bread	Bacon Loin with Roast Tomato, New Potatoes and Gravy	 Baked Chicken and Rice Casserole	Fish Fingers with Chips and Tomato Sauce
(v) Posh Quorn Hot Dog with Onions, Jacket Wedges and Tomato Ketchup	 (v) Macaroni Cheese with Homemade Garlic Bread	(v) Quorn Roast with Roast Tomato, New Potatoes and Gravy	 (v) Vegetarian Tortilla Layer with Wholegrain Rice	 (v) Roasted Vegetable and Mozzarella Tart with Chips and Tomato Sauce
Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna
Turkey Sandwich	Ham Sandwich	Hot Roast Bap with Parsley Potatoes & Gravy	Ham	Tuna Mayonnaise
(v) Egg and Cress Sandwich	(v) Cheese Sandwich	(v) Cheese Sandwich	(v) Egg and Tomato Sandwich	(v) Cheese Savoury Sandwich
Sweetcorn and Peas	Carrots and Green Beans	Cabbage and Mixed Vegetables	Broccoli and Carrots	Baked Beans and Peas
 (v) Jam Shortbread with Custard	 (v) Oaty Fruit Crunch with Custard	 (v) Treacle Syrup Sponge with Custard	 (v) Peach Melba Square with Custard	 (v) Chocolate Muffin
Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt

Seasonal salad selection, bread and drinking water will be available daily

 = **HOMEMADE**

 Quorn Foods



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MALIN BRIDGE PRIMARY MENU - FROM NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salmon Sub Melt with Half Jacket Potato	Sausages with Creamed Potatoes and Gravy	Roast Chicken with Roast Potatoes, Stuffing & Gravy	Chilli Con Carne with Wholegrain Rice and Homemade Nachos	Fish Fingers with Chips and Tomato Sauce
(v) Margarita Pizza with Half Jacket Potato	(v) Quorn Sausages with Creamed Potatoes and Gravy	(v) Quorn Roast with Roast Potatoes, Stuffing & Gravy	(v) Tuscan Five Bean Chilli with Wholegrain Rice and Homemade Nachos	(v) Cauliflower and Mozzarella Slice with Chips and Tomato Sauce
Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna
(v) Egg and Cress Sandwich	Ham Sandwich	Hot Roast Bap with Roast Potatoes & Gravy	Ham Sandwich	Tuna Mayonnaise Sandwich
	(v) Cheese Sandwich	(v) Cheese Sandwich	(v) Egg and Tomato Sandwich	(v) Cheese Savoury Sandwich
Carrots and Sweetcorn	Cauliflower and Green Beans	Peas and Carrots	Green Beans and Sweetcorn	Baked Beans and Peas
(v) Marble Cake with Custard	(v) Chocolate Pinwheel Shortbread and Chocolate Sauce	(v) Fruit and Jelly	(v) Cornflake Tart with Custard	(v) Tootie Fruitie Ice Cream
Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt


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= **HOMEMADE**



WEEK THREE

MALIN BRIDGE PRIMARY MENU - FROM NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Chicken and Sweetcorn Pizza with Half Jacket Potato	 Beef Meatballs in Tomato Sauce with Wholegrain Rice	Roast Chicken with Yorkshire Pudding, New Potatoes and Gravy	 Beef Lasagne with Homemade Garlic Bread	Fish Fingers with Chips and Tomato Sauce
 (v) Roasted Vegetable Pizza with Half Jacket Potato	 (v) Beandillas with Savoury Rice	(v) Savoury Vegetarian Mince with Yorkshire Pudding, New Potatoes and Gravy	 (v) Vegetable Lasagne with Homemade Garlic Bread	 (v) Bean Bake with Chips and Tomato Sauce
Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna
(v) Egg and Cress Sandwich	Ham Sandwich	Hot Roast Bap with Roast Potatoes & Gravy	Ham Sandwich	Tuna Mayonnaise Sandwich
	(v) Cheese Sandwich	(v) Cheese Sandwich	(v) Egg and Tomato Sandwich	(v) Cheese Savoury Sandwich
Baked Beans and Sweetcorn	Carrots and Broccoli	Cauliflower and Green Beans	Mixed Vegetables and Peas	Baked Beans and Mushy Peas
 (v) Apple Flapjack Finger with Milkshake	 (v) Fruit Cobbler with Custard	 (v) Tootie Fruitie Ice Cream	 (v) Chocolate Shortbread with Custard	 (v) Lemon and Coconut Cupcake
Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt

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