

2017 Willow Dene Autumn/Winter Primary Menu V8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 W/C 06/11/2017 27/11/2017 18/12/2017 15/01/2018 05/02/2018 05/03/2018 26/03/2018	Veggie balls in Tomato sauce with Pasta (VND)	(M) Beef Burger in a Bun	Roast Beef with Red Onion Gravy	Jerk Chicken Leg with Rice	(DFC) Fish Fingers
	Veggie Jambalaya	Veggie Burger in a Bun	Veggie Roast	(VND) Sweet & Sour Vegetables With Noodles	(P) Mediterranean Tart *
	Sicilian Flat Breads	Seasoned Wedges	Crushed New Potatoes	Garlic & Herb Focaccia	(SO) Chips
	Coleslaw	Baked Beans, Tomato Ketchup	Cabbage & Carrot Batons Homemade Bread	Garden Peas	Sweetcorn Homemade Bread
	Jacket Potato with 3 fillings	Tomato & Basil Spaghetti	Jacket Potato with 3 fillings	(VND) Mexican Bean Wrap	Jacket Potato with 3 fillings
	Fresh Fruit Platter	Giant Chocolate Cookie	(P) Apple Strudel with Cream (50%) (WS)	(50%) Seasonal Fruit Salad	Mini Flapjack & Custard

Served Daily – Seasonal salads, Yoghurt, fresh fruit & bread. Jacket Potatoes with a Choice of Fillings. Fresh drinking water always available.

WEEK 2 W/C: 13/11/2017 04/12/2017 01/01/2018 22/01/2018 19/02/2018 12/03/2018	Spicy Cheesy Wrap	(M) Meatballs in Sweet Tomato Sauce	Roast Turkey with Gravy	Hot n kicking Chicken leg	Salmon Pasta Bake
	(VND) Tuscan Bean and Vegetable Pasta Bake	(VND) Summer Vegetable Paella	Vegetable Pasty (P)	(VND) Spinach & Cherry Tomato Frittata*	(DFC) Battered Fish Portion
	New Potatoes	Penne Pasta	(SO) Roast Potatoes	Sunshine Rice	(SO) Chips
	Cucumber & Tomato Salad, Homemade Bread	Sweetcorn & Sliced Green Beans Garlic & Herb Focaccia	Cauliflower & Peas, (WS) Homemade Bread	Sweetcorn & Carrot Batons	Baked Beans Homemade Bread
	Jacket Potato with 3 fillings	Tomato & Basil Pasta	Jacket Potato with 3 fillings	Jacket Potato 3 fillings	Jacket Potato 3 fillings
	Carrot Cake	(50%) Fruity Cheese Cake	Fresh Fruit Platter	(50%) Chocolate Sponge & Vanilla Sauce	Shortbread Biscuit with frozen Yoghurt

WEEK 3 W/C: 30/10/2017 20/11/2017 11/12/2017 08/01/2018 29/01/2018 26/02/2018 19/03/2018	Vegetable Joloffe Rice	(M) Sausage Day Chicken	(P) Chicken Pie (all thigh meat)	BBQ Chicken Leg with Rice	(DFC) Fish Fingers
	Mediterranean Roasted Vegetable Pasta	Veggie Sausage	Southern Style Quorn Patty	Tomato & Basil Spaghetti	(P) Cheese & Red Onion Quiche
	Red Potato Salad	Creamed Potatoes	(SO) Roast Potatoes	Spaghetti	(SO) Chips
	Fresh Seasonal Vegetables	Baked Beans, Homemade bread	Broccoli & Carrots Homemade Bread	Roasted Mediterranean Vegetables & Sweetcorn, Garlic & Herb Focaccia	Garden Peas, Homemade Bread
	Jacket potato with 3 fillings	Cheese Whirls	Jacket Potato with 3 fillings	(VND) Ratatouille Vegetable Wrap	(VND) Jacket Potato with Baked Beans
	Frozen Yoghurt & ½ Fresh Fruit Portion	(WS) Wholemeal Banana Sponge (50%) with Custard	Strawberry Delight	(50%) Fruit Jelly & whipped Cream	Marble Sponge with Chocolate Sauce

- (M) **Manufactured Meat Product. No more than once per week 1 only**
- (VND) **Vegetarian Non Dairy Product. Three or more per week 3 or more**
- (WS) **Wholegrain Starch. One or More per week 1 or more**
- (P) **Pastry products. No more than two per week 2 or less**
- (DFC) **Deep fried or coated. No More than two items per week 2 or less**
- (50%) **Fruit Pudding containing more than 50% fruit by weight. Twice per week. 2 or more**
- Oily Fish. At least once every three weeks.**
- (SO) **Starchy food cooked in oil. No more than twice a week inc Chips 2 or less**