

WINTERBOURNE NURSERY AND INFANT SCHOOL
SCHOOL MEALS - AUTUMN TERM 2019

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
	2 nd September 23 rd September 14 th October	3 rd September 24 th September 15 th October	4 th September 25 th September 16 th October	5 th September 26 th September 17 th October	6 th September 27 th September 18 th October
R	Chargrilled Vegetarian Fajitas with Cajun Spiced Wedges	Mild Chicken Masala with Yellow Rice	Roast Turkey with Roast Potatoes & Gravy	Beef Burger in a Bun & New Potatoes	Fish Fingers & Chips
G	Five Bean Chilli with Lime Infused Brown Rice	Country Vegetable Cottage Pie	Teriyaki Noodles with Stir Fried Vegetables & Mixed Beans	Red Lentil & Cheese Loaf & New Potatoes	Egg, Cheese & Vegetable Frittata
B	Pasta with Tomato & Basil Sauce	Jacket Potato with Cheddar Cheese or Tuna Mayo	Wholemeal Pasta with Tomato & Basil Sauce	Jacket Potato with Cheddar Cheese or Tuna Mayo	Pasta with Tomato & Basil Sauce & Grated Cheese
	Carrots Garden Peas Caramelised Apple & Raisin Crumble with Custard	Broccoli Sweetcorn Sticky Ginger Cake with Custard	Roasted Seasonal Root Vegetables Seasonal Cabbage Vanilla Shortbread Biscuit	Classic Coleslaw Sliced Tomato Salad Traditional Lemon Sponge with Custard	Baked Beans Garden Peas Raspberry Ripple Ice Cream

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
	9 th September 30 th September 21 st October	10 th September 1 st October 22 nd October	11 th September 2 nd October 23 rd October	12 th September 3 rd October 24 th October	13 th September 4 th October 25 th October
R	Mediterranean Tagine with Mixed Barley & Cous Cous	Beef Lasagne with Garlic Bread	Honey Glazed Garlic & Lemon Roast Chicken with Roast Potatoes	Chicken Sausages with Bubble & Squeak Mash, Yorkshire Pudding & Gravy	Battered Cod & Chips
G	Ultimate Mac & Cheese	Sweet Potato & Chickpea Korma with Citrus Infused Rice	Roasted Aubergine & Sweet Cherry Tomato Moussaka	Green Lentil & Spinach Dhal with Coconut & Lemon Grass Rice	Mexican Bean Burger with Lime Yoghurt & Salsa Roja
B	Jacket Potato with Tuna Mayo or Grated Cheese	Pasta with Tomato & Basil Sauce	Wholemeal Pasta with Tomato & Basil Sauce	Jacket Potato with Cheddar Cheese or Tuna Mayo	Jacket Potato with Salmon Mayo or Cheddar Cheese
	Chopped House Salad Sweetcorn Pear & Apply Oaty Crumble with Custard	Seasonal Shredded Cabbage Carrots Chocolate Beetroot Brownie	Roasted Seasonal Root Vegetables Garden Peas Raspberry Ripple Ice Cream	Broccoli Carrots Traditional Sultana Sponge with Custard	Baked Beans Garden Peas Maryland Cookie

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
	16 th September 7 th October	17 th September 8 th October	18 th September 9 th October	19 th September 10 th October	20 th September 11 th October
R	Cheese & Tomato Pizza with Potato Wedges	Shredded Chicken Taco with Coriander Brown Rice & Apple Coleslaw	Roast Beef, Yorkshire Pudding & Gravy with Rosemary Roast Potatoes	Creamy Chicken & Tarragon Pie with Mashed Potato & Gravy	Fish Fingers with Chips
G	Vegetarian Sausages with Mashed Potato In a Yorkshire Pudding	Balsamic Caramelised Red Onion & Cheddar Cheese Quiche with New Potatoes	Chickpea & Sweet Potato Falafel Wrap with Minted Yoghurt Slaw	Spinach, Mushroom & Mozzarella Lasagne with Garlic Bread	Creamy Tagliatelle with Crème Fraiche & Nut Free Pesto
B	Pasta with Tomato & Basil Sauce	Jacket Potato with Cheddar Cheese or Tuna Mayo	Wholemeal Pasta with Tomato & Basil Sauce	Jacket Potato with Cheddar Cheese or Tuna Mayo	Pasta with Tomato & Basil Sauce
	Carrots Sweetcorn Summer Berry & Apple Crumble with Custard	Peas Cauliflower Florets Orange & Courgette Sponge with Custard	Roasted Seasonal Root Vegetables & Broccoli Fruit Flapjack	Carrots Green Beans Traditional Chocolate Sponge & Chocolate Custard	Baked Beans Garden Peas Raspberry Ripple Ice Cream

