

# Halal Autumn-Winter Menu 2019-2020 draft

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main</b>	<b>Mac 'N' Cheese</b> <i>Pasta spirals in a tasty cheesy sauce</i>	<b>Chinese Chicken Noodles</b> A classic Chinese chicken noodle dish packed with flavour	<b>Roast Turkey with Roast Potatoes and Gravy</b> Traditional Roast dinner with Roast Turkey	<b>Chicken Mayo Bun</b> Roast chicken served in a soft bun with lettuce and mayo	<b>Salmon Fish Fingers *** and Chips</b> A classic fish finger lunch
<b>Vegetarian</b>	<b>Mexican Bean and Potato Wrap with a Rice side**</b> <i>Tortilla wrap stuffed with fajita seasoned beans and cubed potato in a cheesy tomato sauce</i>	<b>Cheese and Tomato Pizza ** with Potato Wedges</b> Simple but classic!	<b>Quorn Roast with Roast Potatoes and Gravy</b> Traditional vegetarian roast with Quorn	<b>Veggie Pizza Hot Dog with Potato Wedges</b> Two of the favourites combined...a veggie hot dog covered in a Pizza sauce and melted cheese	<b>Baked Cheese and Sweetcorn Omelette with Chips</b> A baked vegetarian omelette
<b>Alternative</b>	<b>Jacket Potato with Cheese or Beans</b>	<b>Jacket Potato with Cheese or Beans</b>	<b>Jacket Potato with Cheese or Beans</b>	<b>Jacket Potato with Cheese or Beans</b>	<b>Jacket Potato with Cheese or Beans</b>
<b>Packed Lunch</b>	Cheese sandwich Cucumber Sticks Fruit Slices Chocolate Slice	Chicken Mayo Wrap Carrot Sticks Apple Orange Drizzle Cake	Houmous & Veg Wrap Cherry Tomatoes Orange Shortbread Biscuit	Cheese Sandwich Cucumber Sticks Fruit Slices Banana and Berry Cobbler with Custard	Tuna Mayo Wrap Carrot Sticks Banana Peach and Chocolate Sponge
<b>Vegetables</b>	Broccoli and Cauliflower Medley Green Beans	Peas Carrots	Carrots Cabbage	Sweetcorn Mediterranean Vegetables	Baked Beans Peas
<b>Desserts</b>	<b>Fruit and Yoghurt</b>	<b>Flapjack with Fruit Slices</b>	<b>Carrot and Pineapple slice</b>	<b>Fruit and Yoghurt</b>	<b>Peach and Chocolate Sponge</b>

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish

# Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

## Hot Main

### Spaghetti Bake

A twist on the classic favourite Spaghetti Quorn Bolognese - baked and topped with melted cheese

### Chinese Chicken with a Rice side\*\*

Zingy Chinese Lemon & Ginger Chicken

### Roast Chicken with Roast Potatoes and Gravy

Traditional Roast dinner with Roast Chicken

### Lamb Lasagne

A twist on the classic Italian lasagne with lamb mince

### Fish Fingers and Chips

A classic fish finger lunch

## Vegetarian

### Tomato & Mozzarella Pizza \*\* with Potato Wedges

Simple but classic...a wedge of pizza topped with mozzarella cheese

### Quorn Bolognese \*\*

A classic Quorn Italian Bolognese

### Sweet Potato and Chickpea Roast with Roast Potatoes with Gravy

A twist on the classic vegetarian Roast with a Sweet Potato and Chickpea roast slice

### Butternut Squash and Tomato Bake with a Rice side \*\*

Veggie, tomato bake topped off with golden bread crumbs for an added crunch

### Caramelised Red Onion and Mozzarella Tart with Chips

Delicious light vegetarian tart

## Alternative

### Jacket Potato with Cheese or Beans

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### Jacket Potato with Cheese or Beans

## Packed Lunch

**Cheese Sandwich**  
**Carrot Sticks**  
**Fruit Slices**  
**Mango Frozen Yoghurt**

**Chicken & Sweetcorn Wrap**  
**Cucumber Sticks**  
**Apple Plum and Apple Shortcake Crumble\* with Custard**

**Soft Cheese & Cucumber Wrap**  
**Carrot Sticks**  
**Orange Flapjack with Fruit Slices \***

**Cheese Sandwich**  
**Cherry Tomatoes**  
**Fruit Slices**  
**Chocolate Cake**

**Tomato Pasta**  
**Cucumber Sticks**  
**Banana**  
**Raspberry Yoghurt Cake**

## Vegetables

**Sweetcorn**  
**Broccoli**

**Peas**  
**Roasted Peppers and Sweetcorn**

**Roast Parsnip**  
**Carrots**

**Green Beans**  
**Broccoli and Cauliflower Medley**

**Baked Beans**  
**Peas**

## Desserts

**Mango Frozen Yoghurt**

**Fruit & Yoghurt**

**Flapjack with Fruit Slices \***

**Melon & Orange Wedges**

**Chocolate Cake**

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# Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Tomato &amp; Mozzarella Pizza **</b> <b>with Potato Wedges</b> Simple but classic...a wedge of pizza topped with mozzarella cheese	<b>Chicken Korma with a Rice side **</b> <i>A mild curry, perfect for those that don't like spice</i>	<b>Roast Turkey with Roast Potatoes and Gravy</b> Traditional Roast dinner with Roast Turkey	<b>Lamb Bolognese **</b> A classic Italian lamb Bolognese	<b>Crispy Fish with Chips</b> Traditional fish and chips dinner
<b>Vegetarian</b>	<b>Vegetable Bake with Rice **</b> Beans in a tomato and Mediterranean veg sauce topped with crunchy breadcrumbs	<b>Vegetarian Sausages with Mashed Potato and Gravy</b> A classic Quorn sausage and mash	<b>Vegetable Pastry Slice with Roast Potatoes and Gravy</b> <i>A tasty mix of vegetables wrapped in delicious puff pastry</i>	<b>Mild Sweet Potato Curry with Rice **</b> A mild Indian sweet potato and chickpea Tikka Masala	<b>Quorn Wrap with Chips</b> A filled soft tortilla wrap folded into the shape of a cone
<b>Alternative</b>	<b>Jacket Potato with Cheese or Beans</b>	<b>Jacket Potato with Cheese or Beans</b>	<b>Jacket Potato with Cheese or Beans</b>	<b>Jacket Potato with Cheese or Beans</b>	<b>Jacket Potato with Cheese or Beans</b>
<b>Packed Lunch</b>	<b>Cheese Sandwich</b> <b>Cucumber Sticks</b> <b>Fruit Slices</b> <b>Creamy Baked Orange and Vanilla Rice Pudding</b>	<b>Egg Mayo Wrap</b> <b>Carrot Sticks</b> <b>Apple</b> <b>Oatie Biscuit with Fruit Slices *</b>	<b>Houmous &amp; Veg Wrap</b> <b>Cherry Tomatoes</b> <b>Orange</b> <b>Strawberry Frozen Yoghurt</b>	<b>Cream Cheese &amp; Cucumber Sandwich</b> <b>Cucumber Sticks</b> <b>Fruit Slices</b> <b>Chocolate and Raspberry Swirl Cake with Custard</b>	<b>Cheese Sandwich</b> <b>Carrot Sticks</b> <b>Banana</b> <b>Banana and Cinnamon Cake *</b>
<b>Vegetables</b>	<b>Carrots</b> <b>Peas</b>	<b>Roasted Peppers and Sweetcorn</b> <b>Green Beans</b>	<b>Cabbage</b> <b>Carrot and Swede Mash</b>	<b>Broccoli</b> <b>Mediterranean Vegetables</b>	<b>Peas</b> <b>Baked Beans</b>
<b>Desserts</b>	<b>Fruit &amp; Yoghurt</b>	<b>Oatie Biscuit with Fruit Slices *</b>	<b>Strawberry Frozen Yoghurt</b>	<b>Fruit &amp; Yoghurt</b>	<b>Banana and Cinnamon Cake *</b>

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