

Spring Term Menu 2018

Week 1 Menu Dates

w/c 1st Jan w/c 22nd Jan w/c 19th Feb w/c 12th March

Week 2 Menu Dates

w/c 8th Jan w/c 29th Jan w/c 26th Feb w/c 19th March

Week 3 Menu Dates

w/c 15th Jan w/c 5th Feb w/c 5th March w/c 26th March

Years Reception, 1 & 2 - Free of Charge Years 3, 4, 5 & 6 - £2.00 per day



Monday

A Hearty Slice of Cheese& Tomato Pizza (V)

Served with

Homemade Coleslaw and Baked Beans

Jacket Potato with a choice of Cheese, Baked Beans or Tuna and Sweetcorn

DESSERT

Fresh Fruit Platter

Tuesday

Option 1

Homemade Beef Burger



Option 2 Cheese and Leek Fritter (V)

Served in a

Bun garnished with Lettuce, Tomato and Mayo with a side order of Edgy Wedges

Option 3

Jacket Potato with a choice of Cheese, Baked Beans or Tuna and Sweetcorn

DESSERT

Pancakes served with Bananas and Maple Syrup

hursday

Option 1

Sweet and Sour Chicken Pieces



Option 2 Oven Baked Chicken Pieces

Served with

Wholegrain or White Fluffy Rice and Whole Green Beans

Option 3

Jacket Potato with a choice of Cheese, Baked Beans or Tuna and Sweetcorn



Wednesday

Option 1

Local Butchers Roast Chicken

Option 2 Roast Quorn Fillet (V)

Served with

Yorkshire Pudding, Gravy, Roast Potatoes, Carrots, Shredded Savoy Cabbage and Cauliflower Cheese.



DESSERT

Peaches and Ice Cream

Salad Bar Monday, Tuesday, Thursday & Friday

Essex County Council

Friday

Option 1

Oven Baked Young's Omega 3 Fish Fingers

Option 2

Omelette (V)

Served with

Chips, Baked Beans and Garden Peas

Jacket Potato with a choice of Cheese or Baked Beans

DESSERT

Homemade Flapjack



Week 1

Monday

Option 1

Pasta served with Carbonara

Option 2

Pasta served with Pepperoni and **Tomato Sauce**

> Served with Garlic Bread

Option 3

Jacket Potato with a choice of Cheese, Baked Beans or Tuna and Sweetcorn

DESSERT

Frozen Yoghurts Pots

Wednesday

Option 1

Local Butchers Roast Turkey

Option 2

Roast Quorn Fillet (V)

Served with

Yorkshire Pudding, Gravy, Roast Potatoes, Carrots, Whole Green Beans and Cauliflower Cheese.

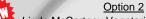
DESSERT

Baked Apple Sponge served with Custard

Tuesday

Option 1

Children's Choice Butchers Sausages



Linda McCartney Vegetarian Sausages (V)

Served with Creamy Mashed Potatoes, Baked Beans and Sweetcorn

Option 3

Jacket Potato with a choice of Cheese, Baked Beans or Tuna and Sweetcorn



DESSERT

Jelly and Ice Cream

hursday

Option 1

Mild Chicken Curry served with

Wholegrain and White Fluffy Rice

Option 2 Macaroni Cheese

Option 3

Jacket Potato with a choice of Cheese, Baked Beans or Tuna and Sweetcorn

DESSERT

Chocolate Orange Sponge with Chocolate Icing



Salad Bar

Monday,

Tuesday,

Thursday &

Friday

Option 1

Oven Baked Crispy Fillet of Fish



Option 2

Roasted Vegetable Parcels (V)

Served with

Chips, Baked Beans and Garden Peas

Option 3

Option 3

Jacket Potato with a choice of Cheese or Baked Beans

DESSERT







Week 2

Monday

MAINS

Option 1

Homemade Shepherd's Pie



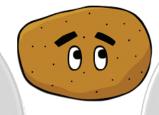
Served with Carrots, Garden Peas and Gravy

Option 3

Jacket Potato with a choice of Cheese, Baked Beans or Tuna and Sweetcorn

DESSERT

Chocolate Angel Delight

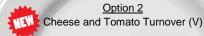


Tuesday

MAINS

Option 1

Homemade Sausage Roll



Served with Chips, Baked Beans or Garden Peas

Option 3

Jacket Potato with a choice of Cheese, Baked Beans or Tuna and Sweetcorn

DESSERT

Fresh Fruit Platter

Wednesday

MAINS

Option 1

Local Butchers Roast Chicken

Option 2

Lentil Roast (V)

Served with

Yorkshire Pudding, Gravy, Roast Potatoes, Carrots, Shredded Savoy Cabbage and Cauliflower Cheese.

DESSERT

Ice Cream Tub

Thursday

MAINS

Option 1

Homemade Spaghetti Bolognaise with Garlic Bread

Option 2

Homemade Vegetable Bolognaise with Garlic Bread (V)

Option 3

Jacket Potato with Bolognaise

Option 4

Jacket Potato with a Tuna Mayonnaise

DESSERT

Lemon Drizzle Cake



Friday

MAINS

Option 1

All Day Breakfast

(Chipolata, Bacon & Scrambled Egg)

Option 2

All Day Vegetarian Breakfast (2x Quorn Chipolatas & Scrambled Egg) (V)

Served with

Bread Slice, Baked Beans, Button Mushrooms & Baked

Tomato

Option 3

Jacket Potato with a choice of Cheese or Baked Beans

DESSERT

Pancakes with Banana Slices & Maple Syrup





Week 3