

# Wellesbourne Winter/Spring Menu

(OCTOBER until EASTER)

- **NEW BROWN** main meal choice is jacket potato with cheese or beans and a side of cucumber/carrot sticks
- Yogurt **and/or** fresh fruit available everyday (choose from a variety of whole fruit across the week)
- Wholemeal bread (without butter) available every day

**Week 1:** 30<sup>th</sup> Oct, 20<sup>th</sup> Nov, 11<sup>th</sup> Dec, 15<sup>th</sup> Jan, 5<sup>th</sup> Feb, 5<sup>th</sup> March, 26<sup>th</sup> March

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BROWN</b>	Jacket potato with beans	Jacket potato with cheese	Jacket potato with beans	Jacket potato with cheese	Jacket potato with beans
<b>RED</b>	Pork meatballs in tomato sauce	Chicken fajitas	Lasagne	Roast chicken/stuffing	Fish fingers
<b>GREEN</b>	Quorn meatballs in tomato sauce	Quorn fajitas	Veg lasagne	Quorn roast + stuffing	Veg sausages
+	Wholemeal spaghetti	Oven baked potato wedges	Garlic bread	Oven-baked mini potatoes	Mash
VEG	Peas/sweetcorn	Side salad (cuc/tom/carrot)	Peas/cauli	Carrots/broccoli	Beans/sweetcorn
Dessert 1	Chocolate flavour ice cream	Lemon sponge cake	Cheese and crackers	50% Apple/rasp crumble/custard	Fruity flapjack (50% fruit)
Dessert 2	Fruit or yogurt	Fruit or yogurt	Fruit or yogurt	Fruit or yogurt	Fruit or yogurt

**Week 2:** 6<sup>th</sup> Nov, 27<sup>th</sup> Nov, 18<sup>th</sup> Dec, 22<sup>nd</sup> Jan, 12<sup>th</sup> Feb, 12<sup>th</sup> March

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BROWN</b>	Jacket potato with beans	Jacket potato with cheese	Jacket potato with beans	Jacket potato with cheese	Jacket potato with beans
<b>RED</b>	Chicken pizza (min 60-85g chicken)	Toad in the hole	Roast pork/stuffing	Cottage pie	Fish fillet
<b>GREEN</b>	Cheese and Tom Pizza	Quorn toad in the hole	Quorn roast + stuffing	Veg cottage pie	Quorn fillet
+	Wholemeal pasta in tomato sauce	Mash	Oven baked new potatoes	Wholemeal bread roll	Mash
VEG	Side salad (cuc/tom/carrot)	Cauli/carrots	Peas/sweetcorn	Carrots/peas	Beans/sweetcorn
Dessert 1	Strawberry ice cream	Rice Pudding	50% apple sponge cake/custard	Pancake & fruit (50%)	Chocolate flavour mousse
Dessert 2	Fruit or yogurt	Fruit or yogurt	Fruit or yogurt	Fruit or yogurt	Fruit or yogurt

**Week 3:** 13<sup>th</sup> Nov, 4<sup>th</sup> Dec, 8<sup>th</sup> Jan, 29<sup>th</sup> Jan, 26<sup>th</sup> Feb, 19<sup>th</sup> March

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BROWN</b>	Jacket potato with beans	Jacket potato with cheese	Jacket potato with beans	Jacket potato with cheese	Jacket potato with beans
<b>RED</b>	Chicken Curry	Sausages	Spaghetti bolognaise	Chicken casserole	Salmon nibbles
<b>GREEN</b>	Quorn curry	Veg sausages	Quorn bolognaise	Quorn casserole	Veggie burger
+	50% wholegrain rice	Roast potatoes	Wholemeal pasta tubes	Mash	Chips
VEG	Peas/sweetcorn	Carrots/peas	Broccoli/sweetcorn	Carrots/peas	Beans/sweetcorn
DESSERT	Vanilla ice cream	Bananas (50%) and custard	Choc flavour sponge cake	Strawberry flavour mousse	50% Apple crumble/custard
Dessert 2	Fruit or yogurt	Fruit or yogurt	Fruit or yogurt	Fruit or yogurt	Fruit or yogurt