

HC3S Primary Menu – April to October 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
w/c	Week 1				
20 April, 11 May, 8 and 29 June, 20 July, 14 September, 5 October 2015	Chicken grill and tomato ketchup Mashed potatoes Garden peas and salad Ice cream	Pork roast and gravy Dry roast potatoes Broccoli, cauliflower and carrot mix and salad Fruit slice	Beef curry Rice Garden peas and sweetcorn medley and salad Jelly or Angel delight	Chicken roast and gravy Dry roast potatoes Carrots and salad Chocolate crunch	Baked fish fingers and tomato ketchup Chipped potatoes Garden peas or baked beans and salad Muffin
	Vegetarian sausage puff Mashed potatoes Garden peas and salad Ice cream	Vegetable and bean bake and gravy Dry roast potatoes Broccoli, cauliflower and carrot mix and salad Fruit slice	Pizza Garden peas and sweetcorn medley and coleslaw Jelly or Angel delight	Quorn burger and gravy Dry roast potatoes Carrots and salad Chocolate crunch	Italian tomato pasta Garden peas and salad Muffin
	Week 2				
27 April, 18 May, 15 June, 6 July, 31 August, 21 September, 12 October 2015	Baked beef meatballs in tomato sauce Pasta Garden peas and sweetcorn medley and salad Ice cream	Chicken roast and gravy Dry roast potatoes Carrots and salad Tutti fruiti sponge	Baked salmon and haddock slice and tomato ketchup ½ baked jacket potato Broccoli and salad Marble shortbread	Beef roast and gravy Dry roast potatoes Broccoli, cauliflower and carrot mix and salad Muffin	Battered fish and tomato ketchup Chipped potatoes Garden peas or baked beans and salad Flap jack
	Cheese and vegetable bake Mashed potatoes Garden peas and sweetcorn medley and salad Ice cream	Sweet potato and lentil curry and rice Broccoli and salad Tutti fruiti sponge	Pizza Baked beans and coleslaw Marble shortbread	Vegetarian sausages and gravy Dry roast potatoes Broccoli, cauliflower and carrot mix and salad Muffin	Quiche Chipped potatoes Garden peas and salad Flap jack
	Week 3				
4 May, 1 and 22 June, 13 July, 7 and 28 September, 19 October 2015	Baked pork sausages Mashed potatoes Baked beans and salad Ice cream	Beef roast and gravy Dry roast potatoes Broccoli, cauliflower and carrot mix and salad Carrot cake	Spicy beef Rice Garden peas and salad Jelly or Angel delight	Pork roast and gravy Dry roast potatoes Carrots and salad Chocolate brownie	Baked fish fingers and tomato ketchup Chipped potatoes Garden peas or baked beans and salad Oat crunch cookie
	Macaroni cheese Garden peas and salad Ice cream	Vegetarian toad in the hole and gravy Dry roast potatoes Broccoli, cauliflower and carrot mix and salad Carrot cake	Pizza Garden peas and coleslaw Jelly or Angel delight	Vegetarian sausage roll and gravy Dry roast potatoes Carrots and salad Chocolate brownie	Quorn pasta bolognaise Garden peas and salad Oat crunch cookie

Banana, apple/orange, yoghurt, rice pot, fruity pot, cheese and biscuits or fruit juice will be available daily
Additional bread will be available daily