

**AUTUMN/WINTER MENU WEEK 1**

Week starting: 29 Oct • 19 Nov • 10 Dec • 7 Jan  
28 Jan • 25 Feb • 18 Mar

**AUTUMN/WINTER MENU WEEK 2**

Week starting: 5 Nov • 26 Nov • 17 Dec • 14 Jan  
4 Feb • 4 Mar • 25 Mar

**AUTUMN/WINTER MENU WEEK 3**

Week starting: 12 Nov • 3 Dec • 31 Dec • 21 Jan  
11 Feb • 11 Mar • 1 Apr

**AUTUMN/WINTER 2018 MENU  
WEST EARLHAM JUNIOR SCHOOL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>(v) Margherita Pizza with Jacket Potato Wedges <i>(v) Vegetarian Bolognese with Pasta</i> Mixed Salad and Coleslaw <i>Jacket Potato with Baked Beans</i> Zesty Shortbread with Fresh Orange Wedges - <b>NEW</b></p>	<p>Cottage Pie <i>(v) Quorn Chipolatas in Tomato Sauce with Pasta</i> Broccoli and Sweetcorn <i>Jacket Potato with Cheese and Coleslaw</i> Autumn Feast Sponge</p>	<p>Roast Chicken with Stuffing and Gravy <i>(v) Lentil Roast</i> Roast Potatoes Carrots and Cabbage <i>Jacket Potato with Tuna Mayonnaise</i> Fresh Fruit Salad with Natural Yoghurt</p>	<p>Pork Meatballs in Gravy with Mashed Potatoes <i>(v) Vegetable Risotto - NEW</i> Mixed Vegetables <i>Jacket Potato with Cheese and Baked Beans</i> Apple and Berry Cobbler with Custard <b>NEW</b></p>	<p>Breaded Fish Fingers <i>(v) Cheese and Tomato Frittata - NEW</i> Chips Garden Peas or Baked Beans <i>Jacket Potato with Cheese</i> Pear and Ginger Cake</p>
<p>(v) Margherita Pizza with Herby Diced Potatoes <i>(v) Sweet Potato and Lentil Curry with Steamed Rice</i> Mixed Salad and Coleslaw <i>Jacket Potato with Baked Beans</i> Banana Cupcake</p>	<p>Pasta Bolognese with Garlic Bread <i>(v) Cheese and Potato Pie</i> Mixed Vegetables <i>Jacket Potato with Cheese and Coleslaw</i> Iced Bun</p>	<p>Succulent Roast Pork with Apple Sauce <i>(v) Quorn Chipolatas</i> Roast Potatoes Broccoli, Carrots and Gravy <i>Jacket Potato with Tuna Mayonnaise</i> Fresh Fruit Salad with Natural Yoghurt</p>	<p>Chicken and Broccoli Pasta - <b>NEW</b> <i>(v) Italian Bean Bake</i> Baton Carrots <i>Jacket Potato with Cheese and Baked Beans</i> Sponge Pudding with Sauce</p>	<p>Breaded Fish Fingers <i>(v) Garden Vegetable Goujons</i> Chips Garden Peas or Baked Beans <i>Jacket Potato with Cheese</i> Fruity Flapjack</p>
<p>(v) Margherita Pizza with Jacket Potato Wedges <i>(v) Vegetarian Enchilada Bake</i> Mixed Salad and Coleslaw <i>Jacket Potato with Baked Beans</i> Vanilla Ice Cream Tub</p>	<p>Sausage and Tomato Pasta - <b>NEW</b> <i>(v) Mixed Bean Chilli with Steamed Rice</i> Pea and Sweetcorn Medley <i>Jacket Potato with Cheese and Coleslaw</i> Orchard Crumble with Custard</p>	<p>Roast Beef with Yorkshire Pudding and Gravy Mashed Potatoes <i>(v) Vegetarian Cottage Pie</i> Carrots and Cauliflower <i>Jacket Potato with Tuna Mayonnaise</i> Fresh Fruit Salad with Natural Yoghurt</p>	<p>Chicken Curry with Steamed Rice and Naan Bread <i>(v) Cheesy Pasta</i> Broccoli and Sweetcorn <i>Jacket Potato with Cheese and Baked Beans</i> Toffee Cream Tart</p>	<p>Breaded Fish Fingers or Salmon Fingers <i>(v) Spanish Omelette</i> Chips Garden Peas or Baked Beans <i>Jacket Potato with Cheese</i> Cornflake Krispie - <b>NEW</b></p>

Fresh Bread, Fruit, Milk Drink and Water available Daily

Subject to alteration

