

RAVENSDALE JUNIOR SCHOOL – AUTUMN WINTER 2015

WEEK 1

<u>DATE</u>		<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
2.11.15	<u>MEAT</u>	Ham and pineapple pizza	Savoury mince	Hot and kickin’ chicken	Roast Chicken	Gammon and pineapple
23.11.15		Spaghetti hoops	Farmhouse mixed vegetables	Mixed salad	Stuffing	Beans
14.12.15		Garden peas Jacket potato	Sweetcorn Creamed potato Gravy	Peas Noodles	Baton Carrots Peas and cabbage Roast potatoes Gravy	Sweetcorn Chips
18.1.16	<u>FISH</u>	Salmon and broccoli quiche	Fish and Parsley Sauce	Tuna and sweetcorn pizza	Cheesy Fish Pie	Fish in batter
8.2.16		Sweetcorn	Farmhouse mixed vegetables	Mixed salad	Baton Carrots	Beans
7.3.16		Green beans Jacket potato	Sweetcorn Creamed potato Parsley sauce	Peas Noodles	Peas and cabbage Parsley sauce	Sweetcorn Chips
	<u>VEG</u>	Cheese and tomato pizza	Vegetarian cottage pie	Hot and kickin’ quorn	Vegetable pie	Spanish omelette
		Spaghetti hoops	Farmhouse mixed vegetables	Mixed salad	Baton Carrots	Beans
		Garden peas	Sweetcorn	Peas	Peas and cabbage	Sweetcorn
		Jacket potato	Gravy	Noodles	Roast potatoes Gravy	Chips
	<u>DES.</u>	Syrup sponge cake and custard	Iced Apple Cake	Angel Delight with Roselle Swirl and seasonal fruit	Cornflake Crispy Cake	Rosalie biscuit

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WEEK 2

<u>DATE</u>		<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
9.11.15	<u>MEAT</u>	BBQ chicken	Homemade Cornish	Bolognaise pasta	Roast pork	Oven baked
30.11.15		Spaghetti hoops	pasty	bake	Apple sauce	sausage
7.12.15		Sweetcorn	Farmhouse mixed	Peas	Peas and cabbage	Beans
		Jacket potato	vegetables	Broccoli	Baton Carrots	Sweetcorn
		wedges	Sweetcorn	Garlic bread	Roast potatoes	Chips
			Creamed potatoes		Gravy	
4.1.16	<u>FISH</u>	Jacket Potato	Fish fingers	Tuna scrolls	Salmon Nuggets	Salmon parcels
25.1.16		With	Farmhouse mixed	Spaghetti hoops	Peas and cabbage	Beans
22.2.16		Tuna	vegetables	Sweetcorn	Baton Carrots	Sweetcorn
14.3.16			Sweetcorn	Creamed potatoes		Chips
			Parsley sauce			
	<u>VEG</u>	Cheesy scrolls	Cheesy Bean Pie	Quorn bolognaise	Quorn sausage	BBQ quorn fillet
		Spaghetti hoops	Farmhouse mixed	pasta bake	with apple	Beans
		Sweetcorn	vegetables	Peas	Peas and cabbage	Sweetcorn
		Jacket potato	Sweetcorn	Broccoli	Baton Carrots	Chips
		wedges		Garlic bread	Roast potatoes	
					Gravy	
	<u>DES.</u>	Lemon curd	Ice-cream and	Pear sponge and	Healthy Chocolate	Carrot cake
		shortbread	banana	custard	muffin	

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WEEK 3

<u>DATE</u>		<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
16.11.15	<u>MEAT</u>	Meatballs Homemade tomato sauce	Oven baked sausage with onions Farmhouse mixed vegetables	Chicken tikka Sweetcorn Green beans Rice	Roast beef Yorkshire pudding Batton carrots Sweetcorn and cabbage	All day breakfast Beans Peas Chips
7.12.15		Peas Sweetcorn Pasta	Garden peas Creamed potatoes Gravy		Roast potatoes Gravy	
11.1.16						
1.2.16						
29.2.16	<u>FISH</u>	Tuna wrap Peas Sweetcorn Jacket potato	Baked fish with cheese sauce Farmhouse mixed vegetables Garden peas	Jacket potato with tuna and Sweetcorn	Salmon portion with parsley sauce Batton carrots Sweetcorn and cabbage Roast potatoes	Fish stars Beans Peas Chips
21.3.16						
	<u>VEG</u>	Macaroni Cheese Peas Sweetcorn	Homemade cheese pasties Farmhouse mixed vegetables Garden peas Creamed potatoes Gravy	Quorn tikka Sweetcorn Green beans Rice	Vegetable roast Roast potatoes Gravy	Quorn all day breakfast Beans Peas Chips
	<u>DES.</u>	Bananas and custard	Cheese and crackers with Apple or pear slices and grapes when available	Fruit Scone with Roselle cream	Chocolate crunch and raspberries	Iced fruit smoothie

Always available: White and brown bread, freshly prepared salad bar, selection of fresh fruit, choice of yoghurts, water, milk, apple or orange juice

