

**RAVENSDALE JUNIOR SCHOOL – AUTUMN & WINTER 2016/2017**

**WEEK 1**

<b>WEEK COMMENCING</b>		<b><u>MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>	<b><u>FRIDAY</u></b>
<b>31.10.16</b>	<b><u>MEAT</u></b>	Gammon & Pineapple Sweetcorn, Peas & Mediterranean Cous Cous	Savoury Mince with Yorkshire Pudding Creamed Potatoes Mixed Vegetables Broccoli Gravy	Ham & Pineapple Pizza Pasta Sweetcorn Garden Peas	Roast Pork & Apple Sauce Roast Potatoes Carrots Cabbage Garden Peas Gravy	Hot Dogs With Onions Oven Chips Baked Beans Sweetcorn
<b>21.11.16</b>						
<b>12.12.16</b>	<b><u>FISH</u></b>	Salmon Parcels Sweetcorn, Peas & Mediterranean Cous Cous	Fish Cake Creamed Potatoes Mixed Vegetables Broccoli Gravy	Salmon & Broccoli Quiche Pasta Sweetcorn Garden Peas	Salmon Nuggets Roast Potatoes Carrots Cabbage Garden Peas Gravy	Battered Mini Fish Oven Chips Baked Beans Sweetcorn
<b>09.01.17</b>						
<b>30.01.17</b>	<b><u>VEG</u></b>	Macaroni Cheese Sweetcorn, Peas & Garlic Bread	Vegetarian Cottage Pie with Quorn Creamed Potatoes Mixed Vegetables Broccoli Gravy	Cheese & Tomato Pizza Pasta Sweetcorn Garden Peas	Vegetable Roast Roast Potatoes Carrots Cabbage Garden Peas Gravy	Quorn Hot Dogs Oven Chips Baked Beans Sweetcorn
<b>27.02.17</b>						
<b>20.03.17</b>	<b><u>DES.</u></b>	Apple Crumble & Custard	Strawberry or Toffee Frozen Yoghurt	Chocolate Crunch	Queen Cakes	Melting Moments

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**WEEK 2**

<b>WEEK COMMENCING</b>		<b><u>MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>	<b><u>FRIDAY</u></b>
<b>07.11.16</b>	<b><u>MEAT</u></b>	Pasta Bolognaise Garden Peas Sweetcorn	Chicken Casserole Rice Mixed Vegetables Broccoli Gravy	All Day Breakfast With Scrambled Egg or Omelette Herby Diced Potatoes Spaghetti Hoops Sweetcorn	Roast Chicken & Stuffing Roast Potatoes Carrots Cabbage Peas Gravy	Beef Burger in a Bun Oven Chips Baked Beans Sweetcorn
<b>28.11.16</b>						
<b>19.12.16</b>	<b><u>FISH</u></b>	Jacket Potato with Tuna Garden Peas Sweetcorn	Salmon Wholemeal Crumb with Parsley Sauce Rice Mixed Vegetables Broccoli Gravy	Tuna Scrolls Herby Diced Potatoes Spaghetti Hoops Sweetcorn	Salmon Nuggets with Parsley Sauce Roast Potatoes Carrots Cabbage Peas Gravy	Fish Fingers in a Wrap Oven Chips Baked Beans Sweetcorn
<b>16.01.17</b>						
<b>06.02.17</b>	<b><u>VEG</u></b>	Pasta Quorn Bolognaise Garden Peas Sweetcorn	Vegetable Hot Pot Rice Mixed Vegetables Broccoli Gravy	Quorn All Day Breakfast Herby Diced Potatoes Spaghetti Hoops Sweetcorn	Vegetable Pie Roast Potatoes Carrots Cabbage Peas Gravy	Vegetable Burger in a Bun Oven Chips Baked Beans Sweetcorn
<b>06.03.17</b>						
<b>27.03.17</b>	<b><u>DES.</u></b>	Chocolate & Vanilla Or Strawberry & Vanilla Mousse	Cherry Shortbread	Cornflake Tart & Custard	Chocolate & Orange Muffin	Cookies (Vary in flavours each week)

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**WEEK 3**

<b>WEEK COMMENCING</b>		<b><u>MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>	<b><u>FRIDAY</u></b>
<b>14.11.16</b>	<b><u>MEAT</u></b>	Chicken with Sweet & Sour Sauce Noodles Sweetcorn Garden Peas	Oven Baked Sausages with Onions Creamed Potatoes Mixed Vegetables Garden Peas Gravy	Hot & Kickin' Chicken Pasta Sweetcorn Fruity Salad	Roast Beef & Yorkshire Pudding Roast Potatoes Carrots Cabbage Peas Gravy	Sausage Roll Oven Chips Baked Beans Sweetcorn
<b>05.12.16</b>						
<b>02.01.17</b>	<b><u>FISH</u></b>	Tuna Salad Wrap Noodles Sweetcorn Garden Peas	Fish Pie Creamed Potatoes Mixed Vegetables Garden Peas Gravy	Tuna Pizza Pasta Sweetcorn Fruity Salad	Salmon with Parsley Sauce Roast Potatoes Carrots Cabbage Peas Gravy	Fish Stars Oven Chips Baked Beans Sweetcorn
<b>23.01.17</b>						
<b>20.02.17</b>	<b><u>VEG</u></b>	Cheese Scrolls Noodles Sweetcorn Garden Peas	Cheese & Onion Pasties Creamed Potatoes Mixed Vegetables Garden Peas Gravy	Hot & Kickin' Quorn Pasta Sweetcorn Fruity Salad	Quorn Sausage & Yorkshire Pudding Roast Potatoes Carrots Cabbage Peas Gravy	Vegetarian Sausage Roll Oven Chips Baked Beans Sweetcorn
<b>13.03.17</b>						
<b>03.04.17</b>	<b><u>DES.</u></b>	Doughnut	Vanilla Ice Cream Banana & Chocolate Sauce	Rice Pudding with Fruit	Chocolate Crispy Cake	Carrot Cake

