

Condover Primary Menu 15/16



Week commencing	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 07/09/15 05/10/15 09/11/15 07/12/15 18/01/16 22/02/16 21/03/16 02/05/16 06/06/16 04/07/16	Main	Sausage* Beef Bolognaise*	Roast Beef or Chicken* Roasted Pepper Quiche(V)	Sweet & Sour Chicken* Breaded Fish	Roast Beef or Chicken* Mushroom & Spinach Quiche(V)	Battered Pollock or Fish cake. Assorted Pizza*
	Carbohydrate	Creamed Potato Pasta	Creamed & Roast Potato	Herby Diced Potatoes Noodles	Creamed & Roast Potato	Chips or Pasta
	Vegetable	Baked Beans Sweetcorn	Carrots, Peas, Cabbage	Sweetcorn or Baked Beans	Carrots Peas Broccoli	Baked Beans Peas
	Pudding	Chocolate & Orange Sponge with Chocolate Sauce.	Rice Pudding with Fruit Shortbread.	Apple Crumble with Custard Sultana Cookie	Carrot Cake Coconut & Cherry Cookie.	Chocolate Cookie
Week 2						
Week 2 14/09/15 12/10/15 16/11/15 14/12/15 25/01/16 29/02/16 11/04/16 09/05/16 13/06/16 11/07/16	Main	Meatball in tomato Sauce* Sausage	Roast Beef or Chicken* Vegetarian Shepherd's Pie(V)	Lasagne* Breaded Fish	Roast Beef or Chicken* Red Onion Quiche(V)	Battered Pollock or Fish cake. Assorted Pizza*
	Carbohydrate	Creamed Potatoes Pasta	Creamed & Roast Potato	Herby Diced Potatoes Garlic & Herb Bread	Creamed & Roast Potato	Chips or Herb Pasta
	Vegetable	Baked Beans Sweetcorn	Carrots Peas Cauliflower	Sweetcorn Green Beans	Carrots Cabbage Peas	Baked Beans or Peas
	Pudding	Chocolate & Apple Sponge with Chocolate Sauce.	Carrot Cake	Strawberry Whirl and custard Shortbread	Rice Pudding with Fruit Oat Cookie	Chocolate Cookie

Fresh drinking Water, Wholemeal Bread, Salad, Fresh Fruit Salad, Fruit Jelly and yoghurt available daily

All Items subject to change (on occasion) to reflect seasonal availability and to manage stock control

*Vegetarian option available

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Week commencing	Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3 21/09/15 19/10/15 23/11/15 04/01/16 01/02/16 07/03/16 18/04/16 16/05/16 20/06/16 18/07/16	Main	Sausage*	Roast Beef or chicken*	Bacon Carbonara*	Roast Beef or Chicken*	Battered Pollock or Fish cake. Assorted Pizza*
		Chicken curry*	Red Onion Quiche(V)	Breaded Fish	Vegetarian Shepherd's Pie	
	Carbohydrate	Creamed Potato Rice	Creamed & Roast Potatoes	Herby Diced Potato Pasta	Creamed & Roast Potatoes	Chips or Pasta
	Vegetable	B/Beans, Sweetcorn	Carrots, Peas, Cabbage	B/Beans Sweetcorn Green Beans	Carrots Peas Cauliflower	Baked Beans Peas
	pudding	Chocolate & Orange Sponge with Chocolate Sauce	Rice Pudding with Fruit Sultana Cookie	Apple Crumble and Custard Coconut & Cherry Cookie.	Carrot Cake	Chocolate Cookie
Week 4						
Week 4 28/09/15 04/11/15 30/11/15 11/01/16 08/02/16 14/03/16 25/04/16 23/05/16 27/06/16	Main	Meatballs in tomato Sauce* Sausage*	Roast Beef or Chicken* Red Onion Quiche(V)	Pasta Neapolitan Breaded Fish	Roast Beef or Chicken* Roasted Pepper Quiche(V)	Battered Pollock or Fish cake. Assorted Pizza*
	Carbohydrate	Creamed Potatoes Pasta	Creamed & Roast Potato	Creamed Potato Garlic & Herb Bread	Creamed & Roast Potato	Chips or Herb Pasta
	Vegetable	Baked Beans Sweetcorn	Carrots Peas Broccoli	B/Beans Sweetcorn Green Beans	Carrots Cabbage Peas	Baked Beans or Peas
	pudding	Chocolate & Apple Sponge with Chocolate Sauce	Carrot Cake	Strawberry Whirl & Custard Shortbread	Rice Pudding with Fruit Oat Cookie	Chocolate Cookie

Fresh drinking Water, Salad, Wholemeal Bread, Fresh Fruit Salad, Fruit Jelly and yoghurt available daily
 All Items subject to change (on occasion) to reflect seasonal availability and to manage stock control
 *Vegetarian option available