



Traditional Menu – September 2017

SIR JONATHAN NORTH



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT 1	Fish Fingers (G) Creamed Potatoes (ML)	Meatball Calzone (G,ML,E)	Flaky Topped Chicken Pie (ML,G) Boiled Potatoes	Roast Chicken & Stuffing (ML,G) Roast Potatoes	Sausages (G) Creamed Potatoes (ML)
VEGETARIAN	Vegetable Burger (G) Tomato Pasta (ML,G)	Cheese & Tomato Pizza (ML,G) Wedges	Vegetable Masala (ML,G) Rice	Macaroni Cheese (ML,G) Jacket Potato	Quorn Sausage (G,ML,E) Creamed Potatoes (ML)
ACCOMP.			Gravy (ML,G) Cucumber Riata (ML)	Gravy (ML,G)	Gravy (ML,G)
VEGETABLES	Baked Beans Garden Peas Sweetcorn Mixed Salad	Sweetcorn Coleslaw (E) Mixed Salad	Broccoli Carrots Mixed Salad	Cabbage Mixed Vegetables Mixed Salad	Baked Beans Garden Peas Mixed Salad
DESSERT	Coconut Cookie(ML,G) Iced Sponge (G,ML,E)	Flapjack (G,ML) Ice Cream (ML)	Chocolate Muffin (G,ML,E) Cherry Shortbread (G,ML)	Chocolate Tart (G,ML) Frozen Yogurt (ML)	Apple Crumble & Custard(ML,G) Iced Sponge (G,ML,E)
BREAD	Wholemeal Bread (ML,G)	White Bread (ML,G)	Pitta Bread (G)	Pitta Bread (G)	Wholemeal Bread (ML,G)
MILK – FRUIT – YOGURT DAILY					
Week Commencing: 21st September					

G = Gluten ML = Milk/Lactose E = Eggs FOR ALL OTHER ALLERGENS PLEASE ASK A MEMBER OF CATERING STAFF

Price £2.05



Traditional Menu – September 2017

SIR JONATHAN NORTH



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT 1	Fish Cake (G,ML) Wedges	Chicken Balti (ML) Rice & Naan (G,ML,E)	Chicken Fricassee (G,ML) Rice	Lamb Bolognaise (G) Pasta (G)	PICK-A-PIZZA Meatball Calzone (G,ML,E) Cheese & Pepper French Bread Pizza (G,ML) Jacket Potato
VEGETARIAN	Cheesy Leek & Pea Pasta (G,ML) Garlic Bread (G,ML,E)	Vegetable Masala (ML,G) Rice Naan (G,ML,E)	Cheese Flan (G,ML,E) Jacket Potato	Cheese & Vegetable Pasta (G,ML) Crusty Bread (G,ML)	
ACCOMP.	Tomato Sauce	Gravy (G,ML)	Tomato Sauce		
VEGETABLES	Sweetcorn Baked Beans Mixed Salad	Cabbage Carrots Mixed Salad	Mixed Vegetables Garden Peas Mixed Salad	Garden Peas Cauliflower Mixed Salad	Baked Beans Sweetcorn Mixed Salad
DESSERT	Steamed Sponge & Custard (G,ML,E) Dessert Whip (ML)	Chocolate Orange Muffin (G,ML,E) Chocolate Biscuit (G,ML)	Iced Sponge (G,ML,E) Ice Cream (ML)	Shortbread (G,ML) Crunch Jacks (G,ML,E)	Fruit Jelly (G,ML) Choc Chip Cookie (G,ML,E)
BREAD	White Bread (G,ML)	Wholemeal Bread (G,ML)	Bread (G,ML)	Pitta Bread (G)	Crusty Bread (G,ML)

MILK – FRUIT – YOGURT DAILY

Week Commencing: 31st August, 28th September

G = Gluten ML = Milk/Lactose E = Eggs FOR ALL OTHER ALLERGENS PLEASE ASK A MEMBER OF CATERING STAFF

Price £2.05



Traditional Menu – September 2017

SIR JONATHAN NORTH



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT 1	Chinese Chicken Curry (G) Fried Rice	Minced Lamb & Potato Pie (G,ML) Boiled Potatoes	Chicken Curry (G) Rice	Italian Meatballs Pasta (G) Garlic Bread (G,ML,E)	Lamb Lasagne (G,ML) Garlic Bread (G,ML,E)
VEGETARIAN	Chinese Vegetable Curry (G) Fried Rice	Cheese & Vegetable Pie (G,ML) Boiled Potatoes	Vegetable Curry (G) Rice	Cheese & Potato Pie (ML) Crusty Bread (G,ML)	Vegetable Lasagne (G,ML) Garlic Bread (G,ML,E)
ACCOMP.		Gravy (G,ML)	Tomato Sauce	Tomato Sauce	Tomato Sauce
VEGETABLES	Carrots Broccoli Mixed Salad	Carrots Garden Peas Mixed Salad	Sweetcorn Mixed Vegetables Mixed Salad	Green Beans Cauliflower Mixed Salad	Peas / Corn / Carrots Baked Beans Mixed Salad
DESSERT	Flapjack (G,ML) Ice Cream (ML)	Fruit Crumble & Custard (G,ML) Chocolate Krispies (ML)	Lemon Sponge (G,ML,E) Melting Moments (G,ML)	Double Choc Cookie (G,ML,E) Ice Cream (ML)	Frozen Yogurt (ML) Brownie (G,ML,E)
	White Bread (G,ML)	Crusty Bread (G,ML)	Wholemeal Bread (G,ML)	Bread (G,ML)	White Bread (G,ML)

MILK – FRUIT – YOGURT DAILY

Week Commencing: 7th September, 5th October

G = Gluten ML = Milk/Lactose E = Eggs FOR ALL OTHER ALLERGENS PLEASE ASK A MEMBER OF CATERING STAFF

Price £2.05



Traditional Menu – September 2017

SIR JONATHAN NORTH



WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT 1	Sausages (G) Creamed Potatoes (ML)	Lamb Chilli Rice	Fish Cake (G,ML) Tomato Pasta (G,ML)	Roast Chicken & Stuffing (G,ML) Roast Potatoes	Shepherds Pie (G,ML)
VEGETARIAN	Vegetable Pasta (G,ML) Crusty Bread (G,ML)	Cheese Flan (G,ML,E) Jacket Potato	Spicy Bean Burger (G) Tomato Pasta (G,ML)	Macaroni Cheese (G,ML) Garlic Bread (G,ML,E)	Bean Pie Topped with Cheesy Mash (ML)
ACCOMP.	Gravy (G,ML) Tomato Sauce	Tomato Sauce	Gravy (G,ML) Tomato Sauce	Gravy (G,ML) Tomato Sauce	Vinegar Tomato Sauce
VEGETABLES	Baked Beans Garden Peas Mixed Salad	Sweetcorn Baked Beans Mixed Salad	Garden Peas Carrots Mixed Salad	Cabbage Broccoli Mixed Salad	Mushy Peas Sweetcorn & Peppers Mixed Salad
DESSERT	Lemon Sponge (G,ML,E) Chocolate Biscuit (G,ML)	Iced Fruit Sponge (G,ML,E) Coconut Cookie (G,ML)	Flapjack (G,ML,E) Chocolate Chip Cookie (G,ML,E)	Chocolate Sponge (G,ML,E)	Shortbread (G,ML) Ice Cream (ML)
BREAD	Wholemeal Bread (G,ML)	Crusty Bread (G,ML)	White Bread (G,ML)	Wholemeal Bread (G,ML)	Crusty Bread (G,ML)

MILK – FRUIT – YOGURT DAILY

Week Commencing: 14th September, 12th October

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Price £2.05