

# Brindishe Manor FFL Autumn Winter 2019 Menu

## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	5 Spice Veggie Noodles	BBQ Beef Meatballs <i>with Pasta**</i>	Roast Chicken <i>with Roast Potatoes &amp; Gravy</i>	Chinese Chicken Noodles	MSC Salmon Fish Fingers*** & Chips
<b>Alternative Dish</b>	Quorn Meatballs <i>with Pasta**</i>	Cheese and Tomato Pizza with Potato Wedges	Vegetable Pastry Slice <i>with Roast Potatoes &amp; Gravy</i>	Quorn Bolognese** <i>with Pasta</i>	Quorn Dippers <i>with Chips</i>
<b>Schools Choice</b>	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
<b>Vegetables</b>	Peas Carrots	Green Beans Cauliflower	Carrots Cabbage	Sweetcorn Roast Vegetables	Baked Beans Peas
<b>Salad Bar</b>	Celery & Apple, Tomato, Cucumber, Lettuce, Carrot	Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn	Pasta Salad, Tomato, Cucumber, Lettuce, Peppers	Beetroot Salad, Tomato, Cucumber, Lettuce, Carrot	Coleslaw, Tomato, Cucumber, Lettuce, Sweetcorn
<b>Desserts</b>	Chocolate Cake <i>with Fresh Fruit Slices</i>	Apple and Pear Strudel* <i>with Custard</i>	Blueberry Frozen Yoghurt & Fruit Slices	Pineapple Cake <i>with Fresh Fruit Slices*</i>	Shortbread Biscuit <i>with Fresh Fruit Slices</i>
	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Bowl*	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*

Cool Milk or Water & Freshly Baked Bread available daily

\*\*\*\***Schools Choice:** Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)

Please speak to the Catering Manager for special dietary requirements and allergen information  
Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish



# Brindishe Manor FFL Autumn Winter 2019 Menu

## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	Quorn Spaghetti Bake	Jerk Chicken <i>with Rice &amp; Peas</i>	Roast Turkey <i>with Roast Potatoes &amp; Gravy</i>	Beef Lasagne <i>with Garlic &amp; Herb Bread Wedge**</i>	MSC Cod Fish <i>Fingers &amp; Chips</i>
<b>Alternative Dish</b>	Veggie Korma <i>with Rice**</i>	Sweet Potato Burger <i>with Potato Wedges</i>	Quorn Roast <i>with Roast Potatoes &amp; Gravy</i>	Mild Chilli Cheese Burrito Wrap	Veggie Pizza Hot Dog <i>with Chips</i>
<b>Schools Choice</b>	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
<b>Vegetables</b>	Sweetcorn Broccoli	Green Beans Cauliflower	Roast Parsnips Carrots	Peas Sweetcorn	Baked Beans Peas
<b>Salad Bar</b>	Celery & Apple, Tomato, Cucumber, Lettuce, Carrot	Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn	Pasta Salad, Tomato, Cucumber, Lettuce, Peppers	Beetroot Salad, Tomato, Cucumber, Lettuce, Carrot	Coleslaw, Tomato, Cucumber, Lettuce, Sweetcorn
<b>Desserts</b>	Chocolate & Raspberry Swirl Cake <i>with Fruit Slices</i>	Apple and Berry Crumble* <i>with Custard</i>	Mango Frozen Yoghurt <i>with Fresh Fruit Slices</i>	Oat Flapjack <i>with Fresh Fruit Slices*</i>	Banana and Cinnamon Cake* <i>with Fresh Fruit Slices</i>
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Bowl*	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*

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## Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	BBQ Quorn Burger with Potato Wedges	Lemon & Ginger Chinese Chicken with Rice	'School's Choice' Roast with Roast Potatoes & Gravy	Beef Bolognese Pasta**	Crispy MSC Pollock Fillet & Chips
Alternative Dish	Mild Sweet Potato Curry with Rice	Vegetable Lasagne with a Garlic & Herb Bread Wedge**	Vegetarian Sausages with Roast Potatoes & Gravy	Matar Paneer Curry with Rice	Macaroni Cheese Pasta
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Carrots Sweetcorn	Green Beans Roast Vegetables	Cabbage Carrots	Broccoli Sweetcorn	Peas Baked Beans
Salad Bar	Celery & Apple, Tomato, Cucumber, Lettuce, Carrot	Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn	Pasta Salad, Tomato, Cucumber, Lettuce, Carrot, Peppers	Beetroot Salad, Tomato, Cucumber, Lettuce, Carrot	Coleslaw, Tomato, Cucumber, Lettuce, Sweetcorn
Desserts	Chocolate Slice* with Fresh Fruit	Apple Crumble* with Custard	Strawberry Frozen Yoghurt with Fresh Fruit Slices	Baked Orange and Vanilla Rice Pudding with Fruit Slices	Raspberry Yoghurt Cake with Fresh Fruit Slices
	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Bowl*	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*

Cool Milk or Water & Freshly Baked Bread available daily

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