

NORTON FREE CE PRIMARY MENU

FROM APRIL 2014

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish of the Day 1	Spaghetti Bolognese with Homemade Bread	Sausages with Creamed Potatoes and Onion Gravy	Roast Pork with Apple Sauce, Roast Potatoes and Gravy	Chicken Pie with Creamed Potatoes	Fish Goujons with Chipped Potatoes
Dish of the Day 2	BBQ Pizza (v) with Jacket Potato Wedges	Veggie Sausages (v) with Creamed Potatoes and Onion Gravy	Quorn Roast (v) with Roast Potatoes and Gravy	Vegetable Curry (v) with Rice	Mediterranean Tart (v) with Chipped Potatoes
Oven Baked Jacket Potato / Baguette	Jacket Potato with Cheesy Coleslaw (v)	Jacket Potato with Tuna and Sweetcorn	Hot Roast Baguette with Roast Potatoes	Jacket Potato with BBQ Beans (v)	Jacket Potato with Cheese (v)
Grab a Bag	Cheese, Ham or Tuna	Cheese, Ham or Tuna	Cheese, Ham or Tuna	Cheese, Ham or Tuna	Cheese, Ham or Tuna
Vegetables	Mixed Salad and/or Sweetcorn	Diced Carrots and/or Green Beans	Carrot and Swede Mash and/or Diced Mixed Vegetables	Sweetcorn and/or Broccoli	Baked Beans and/or Peas
Desserts	Chocolate Shortbread with Milk	Sticky Ginger Bread with Custard	Iced Vanilla Bun	Chocolate Cracknel	Toffee Apple Crumble with Ice Cream
	Fresh Fruit/Yoghurts	Fresh Fruit/Yoghurts	Fresh Fruit/Yoghurts	Fresh Fruit/Yoghurts	Fresh Fruit/Yoghurts



A selection of bread, salad and drinking water will be available daily
We use seasonal vegetables to ensure the best quality produce

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WEEK TWO	MONDAY	 TEX MEX TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish of the Day 1	Salmon and Sweetcorn Pasta	Chilli Con Carne with Rice	Roast Turkey with Roast Potatoes and Gravy	Lasagne with Tomato and Herb Bread	Fish Fingers with Chipped Potatoes
Dish of the Day 2	Cheese Flan (v) with Jacket Wedges	Mexican Five Bean Chilli (v) with Rice	Quorn Roast (v) with Roast Potatoes and Gravy	Quorn and Spinach Lasagne (v) with Tomato and Herb Bread	Cheese and Onion Omelette (v) with Chipped Potatoes
Oven Baked Jacket Potato / Baguette	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese Savoury (v)	Hot Roast Baguette with Roast Potatoes	Jacket Potato with Chicken Tikka	Jacket Potato with Baked Beans (v)
Grab a Bag	Cheese, Ham or Tuna	Cheese, Ham or Tuna	Cheese, Ham or Tuna	Cheese, Ham or Tuna	Cheese, Ham or Tuna
Vegetables	Carrots and/or Baked Beans	Sweetcorn and/or Broccoli	Cauliflower and/or Green Beans	Diced Mixed Vegetables and/or Sweetcorn	Peas and/or Baked Beans
Desserts	Orange Drizzle Cake with Fruit Juice	Chocolate Fudge Pudding with Ice Cream	Ginger Biscuit with Custard	Strawberry Cheesecake	FRUITY FRIDAY Fruit Salad with Frozen Mango Yoghurt
	Fresh Fruit/Yoghurts	Fresh Fruit/Yoghurts	Fresh Fruit/Yoghurts	Fresh Fruit/Yoghurts	Fresh Fruit/Yoghurts



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WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Harry Ramsden's FRIDAY Junior
Dish of the Day 1	Chicken and Broccoli Pasta Bake	Homemade Minced Beef and Onion Pie with Henderson's Relish and Creamed Potatoes	Roast Chicken with Roast Potatoes and Gravy	Beef Burger in a Bun with Tomato Sauce and Spicy Diced Potatoes	Harry Ramsden's Fish with Chipped Potatoes
Dish of the Day 2	Homemade Margarita Pizza (v) with Half Jacket Potato	Savoury Quorn Mince and Potato Pie (v)	Quorn Roast (v) with Roast Potatoes and Gravy	Vegetable Burger (v) with Spicy Diced Potatoes	Cheese and Pepper Pinwheel (v) with Chipped Potatoes
Oven Baked Jacket Potato / Baguette	Jacket Potato with Baked Beans (v)	Jacket Potato with Tuna and Sweetcorn	Hot Roast Baguette with Roast Potatoes	Jacket Potato with Baked Beans (v)	Jacket Potato with Cheese (v)
Grab a Bag	Cheese, Ham or Tuna	Cheese, Ham or Tuna	Cheese, Ham or Tuna	Cheese, Ham or Tuna	Cheese, Ham or Tuna
Vegetables	Baked Beans and/or Sweetcorn	Carrots and/or Cabbage	Cauliflower and/or Green Beans	Sweetcorn and/or Coleslaw	Baked Beans and/or Peas
Desserts	Mandarin and Chocolate Sponge with Custard	Carrot Cake with Citrus Frosting	Shortbread with Apple Wedge	Iced Bakewell Tart	Pear and Chocolate Muffin with Ice Cream
	Fresh Fruit/Yoghurts	Fresh Fruit/Yoghurts	Fresh Fruit/Yoghurts	Fresh Fruit/Yoghurts	Fresh Fruit/Yoghurts



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