

# Week one

29/10 19/11 10/12 31/12 21/01 11/02 04/03 23/03

**Choose a main meal...**  
 Chicken Pie with New Potatoes & Gravy  
 Cheese & Tomato Pizza with Wholemeal base v  
 Jacket Potato with Baked Beans or Grated Cheese

**on the side...**  
 Seasonal Vegetables  
**for dessert...**  
 Raspberry Slice  
 Fresh Fruit or Yoghurt

**Choose a main meal...**  
 \*Italian Beef Meatballs with Rice  
 Macaroni Cheese v  
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

**on the side...**  
 Seasonal Vegetables  
**for dessert...**  
 Mixed Fruit Crumble & Custard  
 Fresh Fruit or Yoghurt

# Wednesday

**Choose a main meal...**  
 Roast Chicken with Mashed Potato & Gravy  
 Veggie Meatballs in Gravy with Mashed Potato v  
 Jacket Potato with Baked Beans, Tuna & Salmon Mayo or Grated Cheese

**on the side...**  
 Seasonal Vegetables  
**for dessert...**  
 Flapjack  
 Fresh Fruit or Yoghurt

# Thursday

**Choose a main meal...**  
 \*Beef Pasta Bolognese  
 Omelette with Jacket Wedges v  
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

**on the side...**  
 Seasonal Vegetables  
**for dessert...**  
 Iced Lemon Cake  
 Fresh Fruit or Yoghurt

# Friday

**Choose a main meal...**  
 Fish Fingers & Chips  
 Butternut Squash & Chickpea Curry with Chips v  
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

**on the side...**  
 Seasonal Vegetables  
**for dessert...**  
 Apricot Shortbread  
 Fresh Fruit

# Week two

05/11 26/11 17/12 07/01 28/01 11/03 01/04

**Choose a main meal...**  
 Chicken Koroma with Rice  
 Cheese & Tomato Pizza on a Wholemeal Base v  
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

**on the side...**  
 Seasonal Vegetables  
**for dessert...**  
 Jam Sponge & Custard  
 Fresh Fruit or Yoghurt

**Choose a main meal...**  
 \*Pork Sausages with Chips  
 Vegetarian Sausages with Chips v  
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

**on the side...**  
 Seasonal Vegetables  
**for dessert...**  
 Chocolate Cookie  
 Fresh Fruit or Yoghurt

**Choose a main meal...**  
 Roast Turkey with Mashed Potato & Gravy  
 Vegetarian Winter Pie v  
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

**on the side...**  
 Seasonal Vegetables  
**for dessert...**  
 Toffee Apple Muffin  
 Fresh Fruit

**Choose a main meal...**  
 Chicken in Tomato & Basil Sauce with Pasta  
 Vegetarian Bolognese with Pasta v  
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

**on the side...**  
 Seasonal Vegetables  
**for dessert...**  
 Banana Marble Sponge & Custard  
 Fresh Fruit or Yoghurt

**Choose a main meal...**  
 Fishcake with Diced Potatoes  
 Quorn Hotdog with Diced Potatoes v  
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

**on the side...**  
 Seasonal Vegetables  
**for dessert...**  
 Apricot Shortbread  
 Fresh Fruit or Yoghurt

# Week three

12/11 03/12 14/01 04/02 25/02 18/03 08/04

**Choose a main meal...**  
 \*Pork Sausages with Mashed Potato & Gravy  
 Vegetarian Sausages with Mashed Potato & Gravy v  
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

**on the side...**  
 Seasonal Vegetables  
**for dessert...**  
 Flapjack  
 Fresh Fruit

**Choose a main meal...**  
 \*Minced Beef Stew with Dumplings  
 Cheese & Tomato Pasta Bake v  
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

**on the side...**  
 Seasonal Vegetables  
**for dessert...**  
 Peach Sponge with Custard  
 Fresh Fruit or Yoghurt

**Choose a main meal...**  
 Roast Chicken with Roast Potatoes & Gravy  
 Baked Bean Lasagne v  
 Jacket Potato with Baked Beans or Grated Cheese

**on the side...**  
 Seasonal Vegetables  
**for dessert...**  
 Chocolate Muffin  
 Fresh Fruit or Yoghurt

**Choose a main meal...**  
 \*Beef Lasagne with Garlic Roll  
 Cheese & Tomato Pizza Wholemeal Pizza Base v  
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

**on the side...**  
 Seasonal Vegetables  
**for dessert...**  
 Apple Crumble & Custard  
 Fresh Fruit or Yoghurt

**Choose a main meal...**  
 Fish Fingers & Chips  
 Veggie Meatball Sub v  
 Jacket Potato with Baked Beans, Tuna Mayo or Grated Cheese

**on the side...**  
 Seasonal Vegetables  
**for dessert...**  
 Orange Cookie  
 Fresh Fruit or Yoghurt

ALUJMAN WINTER 2018/19 MENU BOOKS, NORTHAMPTON, BESS, MALTON KENNES

THEME DAYS: See separate posters for details

For details of how to order the school meals, please speak to our catering manager or contact us.

\*Prices are conditions apply. Subject to availability.

Contains Pork or Beef

WE SUPPORT BRITISH DAIRY FARMS

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We only use Lion Quality British Eggs

FARM TO FORK

We can trace every cut of meat back to the farms of origin

ALL OUR BREAD IS FRESHLY BAKED EVERY DAY

FAIRTRADE

All our bananas are FAIRTRADE

REDUCING OUR CARBON FOOTPRINT

OVER 30%

of our products are transported by vehicles that run on biodiesel

FRESH SALAD IS AVAILABLE ON A DAILY BASIS

WE BUY 95% of our seasonal vegetables direct from British growers

All our milk is Red Tractor approved