

MTPS STANFIELD LUNCH MENU - AUTUMN TERM (1) 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1					
MAIN	BUTTER CHICKEN CURRY MINI POPPADOM, CHUTNEY & PRAWN CRACKERS	CHEESY BEEF BURRITO & SOUR CREAM	WHOLE ROASTED CHICKEN WITH STUFFING, YORKSHIRE PUDDING & GRAVY	PULLED PORK RAGU WITH PENNE PASTA & GRATED- CHEESE	FISH / BAKED FISH WITH TARTAR LEMON SAUCE & PINEAPPLE SALSA
CARBOHYDRATE	BROWN RICE	SMOKEY WEDGES	ROAST POTATOES	DOUGH BALLS	CHIPS
VEGETARIAN	RAINBOW CHOW MEIN	G/F CHEESY BEAN BURRITO	ROOT VEG BAKE & GRAVY	ROASTED TOMATO BASIL WITH G/F PENNE PASTA	BEAN BURGER
VEGETABLES	VEG FINGER / ROASTED CAULIFLOWER	ZESTY CORN ON THE COB / GREEN BEANS	CARROT / FRUITY RED CABBAGE	BROCCOLI / SALAD BOWL	PEAS & BEANS / KALE & MANGE TOUT
DESSERT	VANILLA SHORTBREAD FRESH CUT FRUIT & FRESH MADE YOGHURT	FRUIT DIPPERS FRESH CUT FRUIT & FRESH MADE YOGHURT	PEAR & CHOCOLATE CRUMBLE & CHOC SAUCE FRESH CUT FRUIT & FRESH MADE YOGHURT	LEMON CHEESECAKE POT FRESH CUT FRUIT & FRESH MADE YOGHURT	BLUEBERRY & SEED MUFFIN FRESH CUT FRUIT & FRESH MADE YOGHURT
WEEK 2					
MAIN	PRAWN & CHICKEN PAELLA WITH LIME WEDGES & CRISPY PARSLEY	PORK SAUSAGE HOT DOG, FRIED ONIONS & HOMEMADE KETCHUP	ROAST TURKEY, GRAVY, APRICOT STUFFING & CRANBERRY SAUCE	MEATBALLS WITH G/F TAGLIATELLE	FISH GOUJONS / FISH OF THE DAY WITH TARTAR SAUCE & LEMON
CARBOHYDRATE	—	HERB DICED POTATOES	ROASTED NEW POTATOES	GARLIC FOCACCIA FINGERS	CHUNKY CHIPS
VEGETARIAN	VEGETABLE PAELLA	QUORN HOT DOG	POTATO & LEEK VEGAN CRUMBLE PIE	MACARONI CHEESE BAKE	SWEET POTATO & PEPPER SAUSAGE ROLL
VEGETABLES	CARROTS / SUGAR SNAP PEAS	CORN ON THE COB / COLESLAW	CARROT / FRUITY RED CABBAGE	SWEETCORN/ BROCCOLI	PEAS & BEANS / CAULIFLOWER CHEESE
DESSERT	APPLE GRANOLA CRUMBLE & CREAM FRESH CUT FRUIT & FRESH MADE YOGHURT	CHOCOLATE & BEETROOT BROWNIE FRESH CUT FRUIT & FRESH MADE YOGHURT	BAKEWELL TART & CUSTARD FRESH CUT FRUIT & FRESH MADE YOGHURT	HUMMING BIRD CAKE WITH CREAM CHEESE TOPPING FRESH CUT FRUIT & FRESH MADE YOGHURT	FROZEN YOGHURT POTS FRESH CUT FRUIT & FRESH MADE YOGHURT

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WEEK 3					
MAIN	TURKEY CHILLI CON CARNE, GRATED CHEESE & TACO CHIPS	CHICKEN & PEPPER WITH KOBLENZ FLAT BREAD, PICKLED RED CABBAGE & HOMEMADE HOUMOUS	ROASTED HONEY GLAZED GAMMON WITH HOMEMADE APPLE SAUCE	CLASSIC BEEF LASAGNE WITH TORN MOZZARELLA & BASIL	FISH / BAKED FISH WITH TARTAR LEMON SAUCE
CARBOHYDRATE	FLUFFY WHITE RICE	BULGAR WHEAT	ROASTED POTATOES	SLICED GARLIC BREAD	CHIPS
VEGETARIAN	BUTTERBEAN & SWEET POTATO CHILLI	FALAFELS WITH ONION & PEEPER & KOBLENZ FLAT BREAD	VEGETABLE TOAD IN THE HOLE	RICOTTA SPINACH CANNELLONI	QUORN BALL SUB IN TOMATO SAUCE
VEGETABLES	SWEETCORN / GREEN BEANS	BROCCOLI / BUTTERNUT SQUASH	SWEDE & CARROT MASH / CAULIFLOWER	BAKED TOMATOES / VEGETABLE STICKS	PEAS & BEANS
DESSERT	CARROT & PUMPKIN SEED CAKE FRESH CUT FRUIT & FRESH MADE YOGHURT	BREAD & BUTTER PUDDING WITH CUSTARD FRESH CUT FRUIT & FRESH MADE YOGHURT	CHOCOLATE JAFFA CAKES POTS FRESH CUT FRUIT & FRESH MADE YOGHURT	UPSIDE DOWN PINEAPPLE CAKE WITH CREAM FRESH CUT FRUIT & FRESH MADE YOGHURT	JAM & COCONUT SPONGE WITH CUSTARD FRESH CUT FRUIT & FRESH MADE YOGHURT
AVAILABLE DAILY:					
COLD PROTEIN	SLICED MEAT EGG CHEESE TUNA POT	SLICED MEAT EGG CHEESE TUNA POT	SLICED MEAT EGG CHEESE TUNA POT	SLICED MEAT EGG CHEESE TUNA POT	SLICED MEAT EGG CHEESE TUNA POT
SALAD BAR	TOMATO CUCUMBER MIXED LEAF GRATED CARROT BEETROOT SWEETCORN	TOMATO CUCUMBER MIXED LEAF GRATED CARROT BEETROOT SWEETCORN	TOMATO CUCUMBER MIXED LEAF GRATED CARROT BEETROOT SWEETCORN	TOMATO CUCUMBER MIXED LEAF GRATED CARROT BEETROOT SWEETCORN	TOMATO CUCUMBER MIXED LEAF GRATED CARROT BEETROOT SWEETCORN
DRINK	WATER	WATER	WATER	WATER	WATER