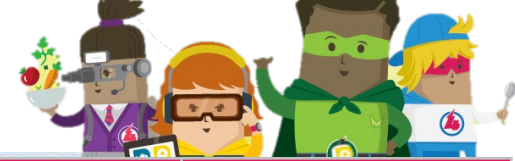




# STRADBROKE PRIMARY



## WEEK ONE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEKS COMMENCING:</b> 4/11/19 : 25/11/19 : 16/12/19 : 6/1/20 : 27/1/20 : 17/2/20 : 9/3/20	Main Course	Traditional Sausage & Mash with Gravy	Winter Chicken Casserole	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Homemade Beef & Onion Pie with Mashed potato & Gravy	Battered Fish Fillet and Chips with Tomato Ketchup
	Vegetarian Main Course	Vegetable Sausage & Mash	Cheese & Tomato Pizza with Half Jacket Potato	Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Macaroni Cheese	Bean Bake and Chips with Tomato Ketchup
	Jacket Potato & Filling	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Salmon Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Salmon Mayo
	Sandwiches	Tuna Mayo	Cheese & Ham	Hot Roast Sandwich	Ham	Fish Finger Wrap
	Vegetables	Cauliflower & Mixed Vegetables	Broccoli & Baked Beans	Savoy Cabbage & Sweetcorn	Green Beans & Carrots	Garden Peas & Baked Beans
	Dessert	Ginger Sponge Custard	Fruity Flapjack & Apple Slices	Chocolate Sponge & Chocolate Sauce	Vanilla Sponge & Custard	Shortbread Biscuit & Fruit Wedges

## WEEK TWO

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEKS COMMENCING:</b> 11/11/19 : 2/12/19 : 23/12/19 : 13/1/20 : 3/2/20 : 24/2/20 : 16/3/20	Main Course	Beef Meatballs in Tomato Sauce with Pasta	Chicken Curry with Wholegrain Rice	Roast Beef with Stuffing, Mashed Potato & Gravy	Beef Pasta Bolognese & Garlic Bread	Fish Fingers and Chips & Tomato Ketchup
	Vegetarian Main Course	Quorn Meatballs in Tomato Sauce with Pasta	Vegetarian Curry with Wholegrain Rice	Quorn Roast with Stuffing, Mashed Potato & Gravy	Cheddar Flan with Homemade Potato Wedges	Bean Bake and Chips & Tomato Ketchup
	Jacket Potato & Filling	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo
	Sandwiches	Tuna Mayo	Cheese & Ham	Hot Roast Sandwich	Ham	Fish Finger Wrap
	Vegetables	Garden Peas & Fresh Salad	Carrots & Sweetcorn	Savoy Cabbage & Mixed Vegetables	Cauliflower & Sliced Green Beans	Garden Peas & Baked Beans
	Dessert	Hot Chocolate Fudge Cake with Custard	Shortbread & Fruit	Lemon Drizzle Cake & Custard	Feathered Jam Sponge & Custard	Ginger & Mandarin Muffin

## WEEK THREE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEKS COMMENCING:</b> 18/11/19 : 9/12/20 : 30/12/19 : 20/1/20 : 10/2/20 : 2/3/20 : 23/3/20	Main Course	Beef Burger in a Bun Homemade Wedges	Beef Lasagne & Garlic Bread	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Cottage Pie with Gravy	Fish Fingers and Chips with Tomato Ketchup
	Vegetarian Main Course	Veggie Burger in a bun Homemade Wedges	Cheese & Tomato Pizza with 1/2 Jacket Potato	Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Tomato, Vegetable Sausage & Macaroni Bake	Vegetable Nuggets and Chips with Tomato Ketchup
	Jacket Potato & Filling	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Salmon Mayo
	Sandwiches	Tuna Mayo	Cheese & Ham	Hot Roast Sandwich	Ham	Fish Finger Wrap
	Vegetables	Sweetcorn & Garden Peas	Broccoli & Baked Beans	Cauliflower & Carrots	Mixed Vegetables & Savoy Cabbage	Garden Peas & Baked Beans
	Dessert	Apple Crumble served with Custard	Lemon Slice with Milk	Chocolate Crunch Served with Vanilla Sauce/Custard	Marble Sponge served with Custard	Crunchy Biscuit served with Apple Slices

*Yoghurt and fruit will also be available each day as an alternative to dessert. A selection of breads, salads and fresh drinking water will be available daily.*