



Monken Hadley CE Primary School

Seek what is good, treasure what is true, do what is right.



**Barnet October
Winter - 2017**

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pea & Mushroom Risotto	Organic Beef & Onion Pie with Boiled Potatoes	Roast Chicken with Roast Potatoes & Gravy	Meat Feast Pizza	MSC Fish Fingers with Chips
Option 2	Quorn Sausage & Gravy with Mashed Potato	Neopolitan Pasta	Houmous & Cucumber Wrap	Jacket Potato with Baked Beans	Roast Vegetable Lasagne
Alternative Option		Halal Beef & Onion Pie with Boiled Potatoes	Halal Roast Chicken with Roast Potatoes & Gravy	Halal Meat Feast Pizza	
Vegetables	Green Beans Fresh Carrots	Broccoli Roasted Vegetables	Roast Parsnips Red Cabbage	Salad Selection Coleslaw	Peas Baked Beans
Dessert of the day	Toffee Apple Crumble with Organic Custard	Shortbread	Frozen Toffee Yoghurt	Fruity Flapjack	Peach Sponge with Organic Custard
Dates week commencing	Week 1				
Option 1	Vegetable Bean Chilli with Rice	Beef Spaghetti Bolognaise	Roast Gammon with Roast Potatoes & Gravy	Chicken Korma with Rice	MSC Fish Fingers with Chips
Option 2	Macaroni Cheese	Jacket Potato with Baked Beans	Vegetable & Butterbean Ragu with Roast Potatoes	Italian Tomato & Basil Penne Pasta	Quorn Frankfurter with Chips
Alternative Option		Halal Beef Spaghetti Bolognaise	Halal Roast Chicken Thigh with Roast Potatoes & Gravy	Halal Chicken Korma with Rice	
Vegetables	Green Beans Sweetcorn	Minted Peas Carrots	Braised Cabbage Vegetable Medley	Fruity Coleslaw Salad Selection	Peas Baked Beans
Dessert of the day	Peach Upside Down Cake with Organic Custard	Oat & Raisin Biscuit	Frozen Toffee Yoghurt	Jelly & Ice Cream	Pear & Chocolate Pudding with Organic Chocolate Sauce
Dates week commencing	Week 2				
Option 1	Mexican Rice Wrap	Organic Cottage	Roast Turkey with Roast Potatoes & Gravy	Chicken & Sweetcorn Pizza	MSC Fish Fingers with Chips
Option 2	Quorn Bolognese Pasta	Jacket Potato with Coleslaw	Three Bean Casserole with Roast Potatoes	Red Onion & Sweetcorn Pizza	Cauliflower & Broccoli Cheese Bake with Chips
Alternative Option		Halal Cottage Pie	Halal Roast Turkey with Roast Potatoes & Gravy	Halal Chicken & Sweetcorn Pizza	
Vegetables	Carrots Green Beans	Cauliflower Broccoli	White Cabbage Swede	Winter Slaw Roasted Vegetables	Peas Baked Beans
Dessert of the day	Apple & Berry Sponge with Organic Custard	Apple & Cinnamon Pie with Organic Vanilla Sauce	Frozen Strawberry Yoghurt	Fruit Berry Muffin	Fruity Flapjack
Dates week commencing	Week 3				
<p>The following are available daily: Freshly prepared salad bar containing 4-6 choices (minimum of 3 with no dressing) Organic fresh white & wholemeal crusty bread; Selection of seasonal freshfruit and low fat yoghurts; Chilled water The carbohydrate is incorporated in the whole dish unless otherwise stated</p>					