

Surrey Commercial Services - Autumn/Winter 2018 - 2019 The West Ashtead School

		MONDAY (Meat free Monday)	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY (Fun Friday)
Week 1	MAIN COURSE	Southern Style Quorn Burger served in a High Fibre Bun with Jacket Wedges	Homemade Ham & Cheese Thin Crust Pizza	Roast British Chicken served with Sage & Onion Stuffing, Roast Potatoes & Gravy	Organic Pork Meatballs served with BBQ Sauce & Rice	Vinegar Infused Tempura Pollock Fillet served with Potato Wedges
	VEGETARIAN	Veggie Bean Taco served with Vegetable Cous Cous	Sweet Potato Dahl served with Rice	Quorn Fillet with Stuffing, Roast Potatoes & Gravy	Ricotta & Spinach Cannelloni served in Tomato Sauce with a Hunk of Bread	Carrot & Cream Cheese Whirl served with Potato Wedges
	MOVING UP MENU	Jacket Potato with Baked Beans	Pepperoni & Tomato Pasta	Tomato Soup with Homemade Bread	Chilli Con Carne & Rice	Cheese & Ham Panini
	DESSERT	Marmalade Cake served with Custard	Fruit Yoghurt Selection	Fresh Fruit Platter served with Crème Fraiche	Banana Cake	Apple Flapjack
Week 2	MAIN COURSE	Quorn Lattice Slice served with Mid Potatoes	Great British Pork Sausages served with Mashed Potato & Gravy	Roast British Pork served with, Roast Potatoes & Gravy	Organic Beef & Pasta Bolognese	Wholemeal Crumb Salmon Fillet served with Oven Chips
	VEGETARIAN	Tagliatelle Neapolitan served with Broccoli Florets	Vegetable Biryani served with Rice	Roasted Vegetable Tart with Cream Cheese served with Roast Potatoes	Quorn Pesto Pasta	Vegan Style Chicken Nuggets served with Oven Chips
	MOVING UP MENU	Jacket Potato with Cheese	Cheesy Pasta	Sweetcorn & Potato Soup with Homemade Bread	Chicken Korma & Rice	Hot Pizza Baguette
	DESSERT	Ginger Sponge	Cheese & Biscuits with Fresh Fruit	Fresh Fruit Platter served with Crème Fraiche	Oaty Apple Muffins	Chocolate Sponge served with Chocolate Sauce
Week 3	MAIN COURSE	Cheese & Tomato Pizza served with Country Style Potatoes	Organic Minced Beef Pie topped with Golden Puff Pastry with Mashed Potatoes	Roast British Gammon served with Sliced Pineapple, Roast Potatoes & Gravy	Organic Beef Burger served in a High Fibre Bun with Tomato Sauce	Pollock Fish Fingers served with Country Style Potatoes
	VEGETARIAN	Cheesy Quiche served with Country Style Potatoes	Quorn & Butternut Squash Curry served with Rice	Cauliflower Cheese served with Roast Potatoes	Veggie Burger served in a High Fibre Bun with Tomato Sauce & Diced Sweet Potato	Quorn Sausage Roll served with Country Style Potatoes
	MOVING UP MENU	Jacket Potato filled with Boston Beans	Spaghetti Carbonara	Sweet Potato Soup with Homemade Bread	Sweet & Sour Chicken with Rice	Tuna Melt Panini
	DESSERT	Iced Sponge	Fruit Yoghurt Selection	Jelly served with Fresh Fruit & Crème Fraiche	Apple & Cinnamon Cobbler & Custard	Chocolate Cookie served with a Glass of Milk