

West Ashtead School Menu - Spring Summer 2019

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	MAIN COURSE	Mild Chicken Curry Served with Rice	Homemade Ham & Cheese Thin Crust Pizza	Roast British Chicken served with Sage & Onion Stuffing, Roast Potatoes & Gravy	Beef Meatballs served with BBQ Sauce & Rice	Breaded 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	Sweet Potato Whirl served with Potato Wedges
	MOVING UP MENU	Jacket Potato with Baked Beans & Salad	Pepperoni & Tomato Pasta	Pizza Baguette with Salad	BBQ Meatball Sub with salad	Cheese & Ham Panini & Salad
	DESSERT	Carrot Cake served with Frosted Topping	Fruit Yoghurt Selection	Fresh Fruit Platter served with Crème Fraiche	Banana Muffin	Fruity Flapjack served with a Glass of Milk
Week 2	MAIN COURSE	Pasta in Tomato Sauce	Great British Pork Sausages served with Mashed Potato & Gravy	Roast British Pork served with, Apple Sauce, Roast Potatoes & Gravy	Beef & Pasta Bolognaise	Wholemeal Crumb Salmon Fillet served with Oven Chips
	VEGETARIAN	Quorn Lattice Slice served with Herby Potatoes	Vegetable Biryani served with Rice	Roasted Vegetable Quiche served with Roast Potatoes	Quorn Pesto Pasta	Vegan Style Chicken Nuggets served with Oven Chips
	MOVING UP MENU	Jacket Potato with Cheese & Salad	Pesto Pasta with Salad	Pizza Baguette with Salad	Beef Burger served in a High Fibre Bun	Tuna Melt Panini & Salad
	DESSERT	Ginger Cookie with a Glass of milk	Cheese & Biscuits with Fresh Fruit	Fresh Fruit Platter served with Crème Fraiche	Ice-Cream Roll	Chocolate & Beetroot Brownie
Week 3	MAIN COURSE	Cheese & Tomato Pizza served with Potato Wedges	Minced Beef Pie with Mashed Potatoes & Gravy	Roast British Gammon served with Sliced Pineapple, Roast Potatoes & Gravy	Beef Burger served in a High Fibre Bun with Tomato Sauce	Pollock Fish Fingers served with Country Style Potatoes
	VEGETARIAN	Quorn Sausage Roll served with Potato Wedges	Quorn & Butternut Squash Curry served with Rice	Cauliflower Cheese served with Roast Potatoes	Veggie Burger served in a High Fibre Bun with Tomato Sauce	Vegan Style Chicken Nuggets served with Country Style Potatoes
	MOVING UP MENU	Jacket Potato filled with Baked Beans & Salad	Cheese & Tomato Pasta with Salad	Pizza Baguette with Salad	Chicken Burger served in a High Fibre Bun with Tomato Sauce	Cheese & Tomato Panini with Salad
	DESSERT	Iced Sponge	Fruit Yoghurt Selection	Jelly served with Fresh Fruit & Crème Fraiche	Fruit Smoothie	Chocolate Cookie served with a Glass of Milk