



The Froebelian School Winter Menu 2018 - 2019



AVAILABLE DAILY
Plain meat or Quorn
A Wide Selection of Salads
Fresh Fruit or Yoghurt



	Week 1	Week 2	Week 3
MONDAY	<p>Honey Lemon Chicken Macaroni Cheese Pasta Green Beans & Cauliflower</p> <p style="color: orange;">Chocolate Bread & Butter Pudding</p>	<p>Fish Fingers or Fish Cake Vegan or Battered Nuggets Potato Wedges Baked Beans or Mushy Peas</p> <p style="color: orange;">Plum Pudding with White Sauce</p>	<p>ONE POT DAY Potato Waffles Cabbage & Baby Carrots</p> <p style="color: orange;">Sticky Toffee Pudding</p>
TUESDAY	<p>Roast Beef or Pork Red Onion Tart Yorkshire Pudding, Roast Potatoes, Carrots & Broccoli</p> <p style="color: orange;">Jam Roly Poly & Custard</p>	<p>Beef or Vegetable Cannelloni Cheesy Stuffed Potato Roasted Vegetables</p> <p style="color: orange;">Sticky Gingerbread</p>	<p>Fish; Fingers or Goujons Battered Vegan Nuggets Diced Potatoes Cauliflower & Green Beans</p> <p style="color: orange;">Eve's Pudding & Custard</p>
WEDNESDAY	<p>Iris or Vegetable Stew Mash Potato Red Cabbage & Cauliflower</p> <p style="color: orange;">Flapjack</p>	<p>EUROPEAN DAY Garlic Potatoes Carrots & Baby Corn</p> <p style="color: orange;">Danish Pastry</p>	<p>Turkey 'a la' King Stuffed Peppers Rice Baby Corn & Broccoli</p> <p style="color: orange;">Brownie</p>
THURSDAY	<p>Fish: Scampi or Battered Vegan Nuggets Chips Peas & Sweetcorn</p> <p style="color: orange;">Syrup Sponge & Ice Cream</p>	<p>Chicken or Mushroom Stroganoff Rice Green Beans & Cauliflower</p> <p style="color: orange;">Fruit Cobbler & Custard</p>	<p>PIE DAY Hash Browns Peas & Carrots</p> <p style="color: orange;">Fruit Pie & Ice Cream</p>
FRIDAY	<p>CURRY DAY Rice, Naan Bread Poppadom, Pakora & Samosa</p> <p style="color: orange;">Honey & Lemon Cake with Toffee Sauce</p>	<p>Shepherd's Pie – Vegetarian Option Available Vol 'au' Vent Potato Croquettes Parsnips & Broccoli</p> <p style="color: orange;">Rice Pudding with Fruit Sauce</p>	<p>Beef or Vegetarian Bolognaise Garlic Bread Mixed Vegetables</p> <p style="color: orange;">Chocolate & Orange Sponge with Custard</p>