



## Autumn/Winter 2019 Menu - Week One

### Nettlesworth Primary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Toad in the Hole Creamed Potato	Winter Chicken Casserole Boiled Potatoes	Roast Pork Roast Potatoes	Minced Beef and Onion Pie Creamed Potato	Battered Fish Fillet Chips with Tomato Ketchup
Pasta Bolognese (vegetarian option available)	Margherita Pizza (v) with Half Jacket Potato	Tuna Melt Roast Potatoes	Tomato and Basil Pasta (v)	Vegetable Curry Wholegrain Rice (v)
Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Cauliflower Mixed Vegetables Salad Selection	Broccoli Spaghetti Hoops Salad Selection	Savoy Cabbage Sweetcorn Salad Selection	Green Beans Carrots Salad Selection	Garden Peas Baked Beans Salad Selection
Ginger Sponge with Vanilla Sauce	Fruity Flapjack with Apple Slices	Chocolate Sponge with Chocolate Sauce	Jam Sponge with Custard	Oaty Biscuit with Fruit Wedges

#### Available Daily

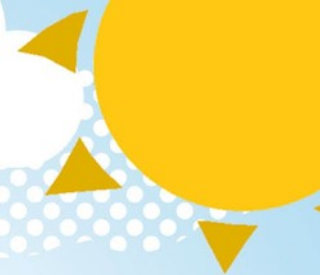
Salad Selection, Fresh Bread Selection, Fresh Fruit and Yoghurts.  
Drinking water will be served with every meal.



Seafood with this mark comes from an MSC certified sustainable fishery [www.msc.org](http://www.msc.org)

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## Autumn/Winter 2019 Menu - Week Two

### Nettlesworth Primary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef and Tomato Meatballs in Tomato Sauce with Pasta	Chicken Tikka Wholegrain Rice	Roast Turkey Roast Potatoes	Minced Beef served in a Yorkshire Pudding Creamed Potatoes	Fish Fingers Chips with Tomato Ketchup
Mac and Cheese (v)	Wholemeal Pizza Slice (v) Half Jacket Potato	Vegetable Casserole with Dumplings (v) Roast Potatoes	Cheese Pie (v) Homemade Jacket Wedges	Vegetable Fajita (v) Chips
Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Garden Peas Carrots Salad Selection	Spaghetti Hoops Green Beans Salad Selection	Cauliflower Mixed Vegetables Salad Selection	Broccoli Sweetcorn Salad Selection	Garden Peas Baked Beans Salad Selection
Hot Chocolate Fudge Cake with Custard	Cornflake Tart with Custard	Shortbread with Fruit Wedges	Feathered Jam Sponge with Custard	Ginger and Mandarin Muffin

#### Available Daily

Salad Selection, Fresh Bread Selection, Fresh Fruit and Yoghurts.  
Drinking water will be served with every meal.



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# Taylor Shaw

Seeing food differently

## Autumn/Winter 2019 Menu - Week Three

### Nettlesworth Primary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breaded Chicken Breast Homemade Potato Wedges	Cottage Pie	Pork Loin Steak Roast Potatoes	Homemade Chicken Pie Creamed Potato	Fish Fingers Chips with Tomato Ketchup
Mince with Dumplings (vegetarian option available) Homemade Potato Wedges	Cheesy Margherita Pizza (v) Half Jacket Potato	Omelette (v) Roast Potatoes	Veggie Sausage Pasta in Mild Arrabbiata Sauce (v)	Vegetable Enchilada Chips (v)
Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Sweetcorn Carrots Salad Selection	Broccoli Spaghetti Hoops Salad Selection	Cauliflower Garden Peas Salad Selection	Mixed Vegetables Savoy Cabbage Salad Selection	Garden Peas Baked Beans Salad Selection
Apple Crumble with Custard	Lemon Slice with Milk	Chocolate Crunch with Custard	Marble Sponge served with Custard	Crunchy Biscuit with Apple Slices

#### Available Daily

Salad Selection, Fresh Bread Selection, Fresh Fruit and Yoghurts.  
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