

## BENTHAL MENU AUTUMN TERM 2014

Day Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Jacket Potato with choice of fillings: cheese, tuna, beans	Lamb casserole with lentils and herbs	Moroccan Chicken with apricots	Homemade Breaded Turkey Nuggets	Homemade pizza's: Chicken & Red pepper , Pineapple
Main 2	Jacket Potato with choice of fillings: cheese, tuna, beans	Vegetable sausages	Cauliflower & Broccoli Bake	Cheese Flan	Homemade pizza's: Cheese, Tomato Sweet corn
Starch		Mash Potatoes	Brown Rice	Boiled Potatoes	Garlic Bread
Side Vegetables		Roast Swede, sweet corn	Cabbage & Carrots	Mix vegetable medley	
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Salad	Grated carrot	Coleslaw	Iceberg lettuce	Pasta Salad	Potato Salad
	Cucumber	Beetroot	Coleslaw	Sweet corn salad	Tomato
	Tomato	Tomato	Potato salad	Mixed Peppers	Cucumber
	Coleslaw	Grated carrot	Mixed peppers	Iceberg & Sweet corn	Pasta Salad
	Beetroot	Cucumber	Sweet corn salad	Cucumber	Iceberg
Dessert	Flapjacks with custard	Cherry Pie	Summer fruits yoghurt	Fruit Jelly	Rice Pudding

## BENTHAL MENU AUTUMN TERM 2014

Day Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Chicken Sausages	Roast Lamb	Sweet & Sour chicken	Lamb Bolognaise	Smoked Haddock Pie
Main 2	Cauliflower, potato & chickpea curry	Vegetable Pasta, Tomato sauce	Quorn, Broccoli & Noodle stir fry	Vegetable Bolognaise	Macaroni & Cheese
Starch	Sweet potato mash	Rice	Noodles	Garlic Bread	Sauté potatoes
Side Veg	Roast root vegetables – Carrots, Parsnips, Swede, Turnip	Carrots, Runner beans	Green beans Baby sweet corn	Mixed Roast Vegetables – courgettes, peppers, onions, aubergine	Peas & sweetcorn
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Salad	Grated carrot	Coleslaw	Iceberg lettuce	Pasta Salad	Potato Salad
	Cucumber	Beetroot	Coleslaw	Sweet corn salad	Tomato
	Tomato	Tomato	Potato salad	Mixed Peppers	Cucumber
	Coleslaw	Grated carrot	Mixed peppers	Iceberg & Sweet corn	Pasta Salad
	Beetroot	Cucumber	Sweet corn salad	Cucumber	Iceberg
Dessert	Fresh fruit salad	Apple crumble Custard	Giant Cookie with Yoghurt	Raspberry Smoothie	Ice Cream, Yoghurt

## BENTHAL MENU AUTUMN TERM 2014

Day Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Shepherd Pie	Light jerk Chicken Kebabs	Lamb Lasagne	Lamb curry	Breaded Fish
Main 2	Vegetable Shepherd Pie	Vegetable Kebabs	Vegetable Lasagne	Vegetable curry	Vegetable chilli con carne
Starch		Seasoned Rice		Nan bread, Bombay Potatoes	Wedges
Side Veg	Mixed seasonal vegetables	Green cabbage Fried Plantain	Spinach, sweet corn	Peas White cabbage	Sweet corn
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Salad	Grated carrot	Coleslaw	Iceberg lettuce	Pasta Salad	Potato Salad
	Cucumber	Beetroot	Coleslaw	Sweet corn salad	Tomato
	Tomato	Tomato	Potato salad	Mixed Peppers	Cucumber
	Coleslaw	Grated carrot	Mixed peppers	Iceberg & Sweet corn	Pasta Salad
	Beetroot	Cucumber	Sweet corn salad	Cucumber	Iceberg
Freshly Made Bread	Freshly Made Bread	Pita Bread	Freshly Made Bread	Freshly Made Bread	Freshly Made Bread
Dessert	Ice cream & Bananas	Roasted Peach & Cinnamon	Strawberry Smoothie	Rhubarb Crumble	Apple pie & custard

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