

West Horndon Primary School – Winter 2016/2017 – School Menu 1




Weeks commencing: 31st Oct, 21st Nov, 12th Dec, 9th Jan, 30th Jan, 27th Feb, 20th Mar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet Chilli Chicken and Noodles with Mixed Oriental Vegetables or	Local Butcher's Sausage served with a Rich Onion Gravy or	Local Butcher's Roast Beef served with Yorkshire Pudding & Gravy or	Homemade Puff Pastry Topped Roast Chicken Pie Served with Gravy or	Oven Baked Young's Omega 3 Fish Finger or BirdsEye Salmon Fish Fingers or
Jacket Potato with Cheese and Baked Beans	Vegetarian Sausage served with a Rich Onion Vegetarian Gravy	Vegetable nuggets served in a Yorkshire Pudding	Jacket Potato with Cheese	Macaroni Cheese
Homemade Crusty Bread Salad Bar	Creamy Mashed Potato Baked Beans Garden Peas	Roast Potatoes Broccoli Florets Fresh Sliced Carrots	New Potatoes Shredded Savoy Cabbage Broccoli Florets Salad Bar	Chips Peas and Sweetcorn Salad Bar
Melon, Grape and Pineapple Pots or	Homemade Chocolate Brownie with an Orange Wedge or	Ice Cream Tub or	Fresh Fruit Pots or	Homemade Creamy Rice Pudding or
Muller Corner Yoghurt or Selection of Fresh Fruit	Muller Corner Yoghurt or Selection of Fresh Fruit	Muller Corner Yoghurt or Selection of Fresh Fruit	Muller Corner Yoghurts or Selection of Fresh Fruit	Muller Corner Yoghurt or Selection of Fresh Fruit

Fresh Bread and Cold Milk available everyday

West Horndon Primary School – Winter 2016/2017 – School Menu 2

Weeks commencing: 7th Nov, 28th Nov, 19th Dec, 16th Jan, 6th Feb, 6th Mar, 27th Mar

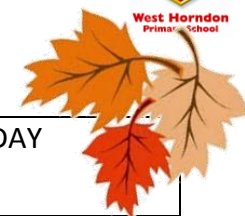
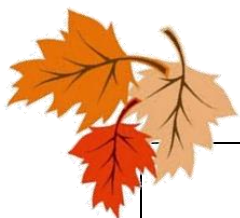
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Mild Chicken Korma	Toad in the Hole (made with Wicks Manor Farm chipolatas) served with Gravy	Local Butcher's Roast Turkey served with Yorkshire Pudding & Gravy	Homemade Cottage Pie (made with local butchers minced beef and topped with fluffy mashed potato) & Gravy	Harry Ramsdens Battered Fish Fillet served with Tomato Sauce 
or	or	or	or	or
Sweet Potato and Lentil Curry	Quorn Toad in the Hole	Roasted Quorn Fillet on Root Vegetables	NEW! Vegetarian Cottage Pie	Cheddar Cheese Whirl
Naan Bread Wholegrain and White Rice Mixed Salad	Parsley Potatoes Fresh Sliced Carrots Whole Green Beans Salad Bar	Roast Potatoes Broccoli Florets Sweetcorn	Fresh Sliced Carrots Garden Peas Salad Bar	Chips Baked Beans Sweetcorn Salad Bar
Jacket Potato with Baked Beans and/or Cheese	Jacket Potato with Tuna and Sweetcorn		Wholemeal Sub Roll filled with Sliced Turkey and Salad	
Chocolate Arctic Roll or Muller Corner Yoghurt or Selection of Fresh Fruit	Apple Eves Sponge and Custard or Muller Corner Yoghurt Or Selection of Fresh Fruit	Fresh Fruit Pots or Muller Corner Yoghurt or Selection of Fresh Fruit	NEW! St Clements Cake or Muller Corner Yoghurt or Selection of Fresh Fruit	Fresh Fruit Platter or Muller Corner Yoghurt or Selection of Fresh Fruit

Fresh Bread and Cold Milk available everyday

West Horndon Primary School – Winter 2016/2017 – School Menu 3



Weeks commencing: 14th Nov, 5th Dec, 2nd Jan, 23rd Jan, 20th Feb, 13th Mar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Day! Choose a Hearty Slice of Delicious Homemade Pizza Dough with your Favourite Toppings! (Cheese & Tomato, or Pepperoni)	All Day Breakfast (includes 1 x Wicks Manor Farm chipolata, 1 x rasher of bacon, scrambled egg) or	Local Butcher's Roast Chicken served with Yorkshire Pudding & Gravy or	Spaghetti Bolognese (made with local butcher's beef mince) or	Oven Baked Young's Omega 3 Fish Fingers or Birds Eye Salmon Fish Fingers served with Ketchup or Mayonnaise or
	All Day Vegetarian Breakfast (includes 2 x Quorn sausages, scrambled egg)	Roasted Sage and Onion Topped Quorn Fillet	Spaghetti Napolitane	Vegetable Nuggets
Wholegrain and White Mixed Penne Pasta Salad Bar	Hash Brown Baked Tomato Button Mushrooms Baked Beans Salad Bar	Herby Diced Potatoes Fresh Sliced Carrots Shredded Savoy Cabbage	Garlic Bread Salad Bar	Chips Garden Peas Salad Bar
Jacket Potato with Baked Beans and/or Cheese	Jacket Potato with Tuna Mayonnaise		Wholemeal Sub Roll filled with Chicken and Salad	
Fresh Fruit Platter or Muller Corner Yoghurt or Selection of Fresh Fruit	American Pancakes with Warmed Syrup or Muller Corner Yoghurt or Selection of Fresh Fruit	Ice Cream and Peach Slices or Muller Corner Yoghurt or Selection of Fresh Fruit	Flapjack with Apples and Pear Pieces or Muller Corner Yoghurt or Selection of Fresh Fruit	Fruit Smoothies or Muller Corner Yoghurt or Selection of Fresh Fruit

Fresh Bread and Cold Milk available everyday