



Winsor Primary School

Week Beginning: 31/10, 28/11, 9/01, 06/02, 13/03.



Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice One	Sausages with Onion Gravy & Mashed Potatoes	Jerk Chicken with Rice*	Roast Chicken & Stuffing with Roast or Boiled Potatoes	BBQ Chicken with Potato Wedges *	Fish Fingers with Potato Wedges
Main Choice Two	Cajun Chicken & Mashed Potatoes*	Tuna Wrap with Salad & Mayonnaise	White Fish Bake with Boiled or Roast Potatoes	Salmon, Broccoli & Sweetcorn Pasta Bake*	Cottage Pie (Lamb)*
Main Choice Vegetarian	Spanish Omelette with Wholemeal Baguette & Salad	Cheese & Tomato Pizza	Roast Vegetable Pie with Roast or Boiled Potatoes*	Vegetarian Lasagne*	Mixed Bean Burrito with Salsa & Potato Wedges
Vegetable Selection	Peas Sweetcorn	Broccoli Carrots	Fresh Seasonal Vegetables	Green Beans Mixed Vegetables	Baked Beans Peas
Dessert	Strawberry & Vanilla Mousse	Apple Crumble with Custard*	Rice Pudding with Jam*	Chocolate & Orange Sponge with Chocolate Sauce*	Fruit, Jelly & Ice Cream

Daily Selection also includes :
Salad Bar , Fresh Fruit, Yoghurt, Cheese & Biscuits
Selection of Sandwiches. Additional bread .



Halal & non Halal meat served
 All fish from sustainable sources
 *indicates 'home made' dish
Items subject to availability





Winsor Primary School

Week Beginning: 7/11, 5/12, 16/01, 13/02, 20/03.



Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice One	Beef Burger in a Burger Bun with Salad	Chilli Con Carne (Beef)* with Rice & Tortilla	Roast Beef with Roast or Boiled Potatoes	Spaghetti Bolognese (Beef)*	Cod Fillet in Batter with Chips or Mashed Potatoes
Main Choice Two	Goan Fish Curry with Rice	Jacket Potatoes with Tuna & Sweetcorn	Creamy Chicken & Leek Pie with Roast or Boiled Potatoes	Chicken Fajita & Rice Fajita with Salsa*	Lamb Keema with Naan & Raita
Main Choice Vegetarian	Chick Pea & Potato Curry with Rice*	Quorn Frankfurter Hot Dog Roll with Onions	Quorn Casserole with Roast or Boiled Potatoes *	Two Cheese Wholemeal Hoagie Melt with Peppers & Onions	Cheese & Onion Slice with Chips or Mashed Potatoes
Vegetable Selection	Sweetcorn Carrots	Mixed Vegetables Peas	Fresh Seasonal Vegetables	Broccoli Sweetcorn	Peas Baked Beans
Dessert	Raspberry Ripple Ice Cream Sponge Roll	Banana Cake with Custard*	Orange & Mango Fruit Smoothie	Oat & Raisin Cookie	Fruit Salad with Yoghurt Ice Cream

Daily Selection also includes :
Salad Bar , Fresh Fruit, Yoghurt, Cheese & Biscuits
Selection of Sandwiches. Additional bread .



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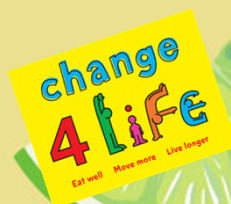
Week Beginning: 14/11, 12/12, 23/01, 27/02, 27/03.



Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice One	Piri Piri Chicken with Rice*	BBQ Sausages with Mashed Potatoes	Roast Chicken & Stuffing with Roast or Boiled Potatoes*	Lasagne (Beef)*	Fish Fingers with Potato Wedges
Main Choice Two	Cod & Salmon Korma with Rice*	Beef & Vegetable Pie with Mashed Potatoes	White Fish Bake with Boiled or Roast Potatoes	Tandoori Chicken with Flatbread & Raita*	Moroccan Lamb Tagine with Rice or Potato Wedges
Main Choice Vegetarian	Tomato & Pepper Pizza	Vegetarian Shepherd's Pie *	Italian Potato Bake*	Mediterranean Vegetable & Mixed Bean Pasta Bake	Vegetarian Chilli with Rice or Potato Wedges*
Vegetable Selection	Carrots Sweetcorn	Peas Broccoli	Fresh Seasonal Vegetables	Mixed Vegetables Green Beans	Peas Baked Beans
Dessert	Chocolate & Vanilla Mousse	Dorset Apple Cake with Custard*	Fruit Flapjack and Dream Topping	Orange & Lemon Sponge with Custard*	Fruit, Jelly & Ice Cream*

Daily Selection also includes :
Salad Bar , Fresh Fruit, Yoghurt, Cheese & Biscuits
Selection of Sandwiches. Additional bread .



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Winsor Primary School

Week Beginning: 21/11, 03/01, 30/01, 06/03



Menu Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice One	Lamb & Vegetable Jolloff Rice*	Southern Seasoned Chicken with Mashed Potatoes*	Roast Beef with Roast or Boiled Potatoes	Chicken Meatballs with Pasta & Tomato & Basil Sauce	Fish in Batter with Chips or Mashed Potatoes
Main Choice Two	Fish & Vegetable Biryani*	Jacket Potatoes with Tuna & Sweetcorn	Fish Crunchy with Roast or Boiled Potatoes	Fish Pie with Leek & Carrot*	Lamb & Vegetable Tikka with Rice*
Main Choice Vegetarian	Butternut Squash Macaroni Cheese*	Vegetarian Spaghetti Bolognese*	Cheese & Tomato Quiche with Boiled or Roast Potatoes*	Quorn & Sweet Potato Curry with Rice and Naan*	Oriental Vegetable Stir Fry with Quorn & Noodles*
Vegetable Selection	Carrots Peas	Sweetcorn Broccoli	Fresh Seasonal Vegetables	Mixed Vegetables Green Beans	Peas Baked Beans
Dessert	Chocolate Sponge Ice Cream Roll	Pear Crumble with Custard*	Fruit Cheesecake*	Raspberry & Coconut Sponge with Custard	Scotch Pancakes with Fruit & Ice Cream

Daily Selection also includes :
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Selection of Sandwiches. Additional bread.



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