

FCAT Primary Autumn Winter 2019 Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Classic Beef Burger Served with potato wedges	Chinese Chicken Noodles A classic Chinese chicken noodle dish packed with flavour	Roast Turkey with Roast Potatoes and Gravy Traditional Roast dinner.	Home Baked Beef Lasagne served with Garlic Bread	Salmon Fish Fingers *** A classic fish finger lunch
Alternative Dish	Cheese and Tomato Pizza Served with potato wedges	Creamy Vegetable Pasta Bake	Quorn Roast With Roast Potatoes and Gravy	Home Baked Vegetable Lasagne served with Garlic Bread	Cheese and Sweetcorn Omelette with Chips A baked vegetarian omelette
Vegetables	Peas Sweetcorn	Green Beans Carrots	Cabbage Carrots	Sweetcorn Mediterranean Vegetables	Peas Baked Beans
Desserts	Chocolate Slice *	Apple and Berry Crumble with cream	Shortbread Biscuit Served with Fresh Fruit Slices	Strawberry Mousse served with Fresh Cream topping	Ice cream

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish



FCAT Primary Autumn Winter 2019 Menu Week 2

	Meatless Monday	Tuesda y	Wednesday	Thursda y	Friday
Hot Main Dish	Cheese and Tomato Pizza with Potato Wedges	Chicken & Sweetcorn Pie with buttery new potatoes	Roast Chicken with Roast Potatoes and Gravy Traditional Roast dinner	BBQ Beef Meatballs Delicious Texan inspired BBQ beef meatballs in a tomato sauce with pasta *	Fish Fingers and Chips
Alternativ e Dish	Quorn Dippers With Potato Wedges	Quorn Bolognese ** A classic Quorn Italian Bolognese	Jacket Potato Served with a choice of cheese, beans or tuna	Macaroni & Cheese served with Garlic Bread	Baked Bean and Cheese Folded Wrap And Chips
Vegetables	Sweetcorn Crispy Coleslaw	Peas Broccoli	Green Beans Carrots	Vegi Sticks Sweetcorn	Peas / Baked Beans
Desserts	Strawberry Yoghurt with mixed berries.	Pear Upside Down Cake served with custard	Flapjack <i>with Fruit Slices *</i>	Chocolate Cake	Frozen Mango Yoghurt

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish



FCAT Primary Autumn Winter 2019 Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Hot Dish	Cheese and Tomato Pizza ** with Potato Wedges Simple but classic.	Chicken Korma Served with Wholegrain Rice and Naan Bread	Roast Gammon Traditional Roast dinner .	Pork Sausages with Mashed Potato and Gravy Simple but classic...	Crispy Fish & Chips with Chips Traditional fish and chips dinner
Alternative Dish	BBQ Quorn Burger & Potato Wedges	Mild Vegetable Curry Served with Wholegrain Rice and Naan Bread	Vegetable Pie Served with Roast Potatoes	Vegetarian Sausages With Mashed Potato and Gravy	Jacket Potato Served with a variety of fillings
Vegetables	Carrots Peas	Sweetcorn Green Beans	Cabbage Carrot and Swede	Sweetcorn Broccoli	Peas Baked Beans
Desserts	Banana & Chocolate Muffin	Oatie Biscuit with Fruit Slices *	Strawberry Jelly with fruit and cream	Chocolate and Raspberry Swirl Cake with Custard	Ice Cream

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish

