

# Moorlands Schools Federation Dinner Menu

All freshly prepared, all diets & needs catered for

|                   | <b>Meat Free Monday</b>   | <b>Try It Out Tuesday</b>  | <b>Wonderful Wednesday</b>   | <b>Tasty Thursday</b>  | <b>Fantastic Friday</b>  |
|-------------------|---|--|--|--|--|
| <b>Week One</b>   | <p>Cheese and pepper pizza<br/>Vegetarian sausage<br/>Potato wedges, baked beans or sweetcorn</p> <p>Cherry shortbread</p>            | <p>Chicken tacos (plain or spicy)<br/>Vegetarian nachos<br/>Rice (plain or spicy), corn cobs, salsa &amp; salad</p> <p>Fruity cupcake</p>                              | <p>Gammon steak, Chicken or Quorn (roasted or Cajun spiced)<br/>Mash or roast potatoes, gravy, stuffing, cauliflower cheese, &amp; seasonal vegetables</p> <p>Apple pie with cream or custard</p>                    | <p>All day breakfast (Vegetarian option available)<br/>Macaroni cheese</p> <p>Vegetarian jelly</p>                                 | <p>Fish finger in a bun<br/>Tartar sauce &amp; salad (or plain)<br/>Vegetarian burger<br/>Chips, beans, peas or sweetcorn</p> <p>Fruit and ice cream</p> |
| <b>Week Two</b>   | <p>Tomato pasta arrabiata<br/>Vegetarian bolognese &amp; rice<br/>Sweetcorn, coleslaw or peas</p> <p>Cheese, fruit &amp; crackers</p> | <p>Tandoori chicken drummers<br/>Vegetarian samosa<br/>Plain chicken or Quorn<br/>Rice, chutney, naan bread<br/>broccoli or sweetcorn</p> <p>Arctic ice cream roll</p> | <p>Pork chop, Chicken or Quorn (roasted or Cajun spiced)<br/>Mash or roast potatoes, gravy, stuffing, cauliflower cheese, &amp; seasonal vegetables</p> <p>Chocolate &amp; beetroot sponge with cream or custard</p> | <p>Sausage and mash, BBQ Vegetarian balls &amp; rice<br/>Sweetcorn, peas &amp; green beans</p> <p>Fruity oat cookie &amp; milk</p> | <p>Fish &amp; chips<br/>Bramley apple and leek flan<br/>Beans, peas or sweetcorn</p> <p>Fruit and ice cream</p>  |
| <b>Week Three</b> | <p>Vegetarian lasagne<br/>Vegan sausage roll<br/>New potatoes, green beans or sweetcorn</p> <p>Danish pastries</p>                    | <p>Hot dog – sausage in a bun<br/>Herby diced potato, beans, peas<br/>Jacket potato with various fillings</p> <p>American pancake with fruit and yoghurt</p>           | <p>Gammon steak, Chicken or Quorn (roasted or Cajun spiced)<br/>Mash or roast potatoes, gravy, stuffing, cauliflower cheese, &amp; seasonal vegetables</p> <p>Fruity cookie or rice pudding with fruit coulis</p>    | <p>Cottage pie, Homity pie (V)<br/>Broccoli, peas &amp; carrots</p> <p>Chocolate brownie &amp; raspberries</p>                     | <p>Fishcake &amp; chips<br/>Quorn nuggets<br/>beans, peas or sweetcorn</p> <p>Fruit and ice cream</p>  |

**Jacket potatoes and fillings, salad, bread, milk and fruit available every day.**