

**Fremington Primary Menu – Autumn / Winter 2018**

<b>Week One</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Option 1	Chicken Fillet in a Roll	Spaghetti Bolognese	Roast Pork Fillet with Apple Sauce and Gravy	Beef Steak	Battered Fish
Option 2	Creamy Veggie Risotto	Vegetable Chilli and Soured Cream served with Rice	Homity Pie	Macaroni Cheese	Battered Quorn Nuggets
Sides	Baked Beans or Coleslaw, Diced Potatoes	Sweetcorn, Garlic Bread	Green Beans and Carrots, Roast Potatoes or Creamed Potatoes	Peas, Tomato or Mushrooms, Potato Wedges	Seasonal Vegetable and Baked Beans, Chips or Pasta
Desserts	Apple and Cherry Crumble served with Custard	Strawberry Crispy Cake	Fresh Fruit Platter or Frozen Yoghurt	Chocolate Crunch Finger and Ice Cream	Oat Cookie and a Milk Drink
Available Each Day	Fresh fruit, salad, bread, yoghurt and water				
<b>Week starting:</b>	<b>29-10-18, 19-11-18, 03-12-18, 07-01-19, 28-01-19, 25-02-19, 18-03-19</b>				

<b>Week Two</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Option 1	Mediterranean Pizza	Cottage Pie	Roast Chicken, Gravy and Stuffing	Organic Pork Meatball Sub	Salmon Fingers
Option 2	Singapore Noodles	Cheese Wheels	Quorn Fillet	Mexican Bean Spicy Rice	Southern Style Quorn Burger
Sides	Baked Beans or Peas, Potato Wedges	Mixed Vegetables, Diced Potatoes	Broccoli and Diced Carrots, Roast Potatoes or Creamed Potatoes	Sweetcorn, Pasta	Peas or Baked Beans, Chips or Pasta
Desserts	Dairy Free Chocolate Cake with Orange Icing	Apple and Raspberry Strudel served with Custard	Fresh Fruit Platter or Frozen Yogurt	Apple and Strawberry Jelly and Ice Cream	Rosalie Italian Biscuit and a Fruit Drink
Available Each Day	Fresh fruit, salad, bread, yoghurt and water				
<b>Week starting:</b>	<b>05-11-18, 26-11-18, 10-12-18, 14-01-19, 04-02-19, 04-03-19, 25-03-19</b>				

<b>Week Three</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Option 1	Hot Dog with Tomato Sauce	Salmon and Broccoli Pasta Bake	Roast Beef and Yorkshire Pudding with Gravy	Gammon Steak and Pineapple	Fish Finger Butty
Option 2	Smoky Lentil Black Bean Chilli	Margarita Pizza Baguette	Homemade Veggie Roast	Mild Brazilian Curry served with Rice	Quorn Sausage Roll
Sides	Sweetcorn and Peas, Herby Diced Potatoes	Coleslaw and Baked Beans, Pasta	Cabbage and Diced Carrots, Roast Potatoes or Creamed Potatoes	Mixed Vegetables or Baked Beans, Creamed Potatoes	Peas or Baked Beans, Chips or Pasta
Desserts	Fruit Muffin with a Milk Drink	Flapjack with a Milk Drink	Fresh Fruit Platter or Frozen Yoghurt	Apple and Ginger Cake with Custard	Chocolate Brownie and a Milk Drink
Available Each Day	Fresh fruit, salad, bread, yoghurt and water				
<b>Week starting:</b>	<b>12-11-18, 31-11-18, 17-12-18, 21-01-19, 11-02-19, 11-03-19, 01-04-19</b>				