**Tydd St Mary Menu Term 4 2019**

**Week One**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Main 1 | Pork sausage, mashed potatoes, carrots and gravy | Steamed Pollock, wholemeal rice and peas | Beef pasta Bolognese, garlic bread  Salad | Roast chicken, new potatoes, broccoli, carrots and gravy | Gammon, cauliflower cheese, steamed potatoes and sweet corn |
| Main2 | Quorn sausage, mashed potatoes, carrots and gravy | Potato and chickpea curry, wholemeal rice and peas | Cheesy pasta bake, garlic bread and salad | Lentil roast, new potatoes, broccoli, carrots and gravy | Jacket Potato and salmon.  Salad Bar selection |
| Main 3 | Chicken, sweetcorn, mayo and salad in wholemeal pitta. Salad Bar selection | Cheese salad wholemeal wrap. Salad Bar selection | Jacket potato and beans.  Salad Bar selection | Tuna mayo salad wholemeal wrap. Salad Bar selection | Egg mayo wholemeal sandwich. Salad Bar selection |
|  | Salad is available for all 3 main meal options every day | | | | |
| Dessert | Ice cream and water melon fingers | Oat and Raisin Cookie | Chocolate sponge and custard | Yoghurt with chopped pineapple | Jelly and peaches |
| Fresh fruit, water and wholemeal bread are available for all meals options daily | | | | | |

**W/c 25th February, 18th March**

**Week Two**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Main 1 | Pork hot dog in wholemeal roll and chips. Salad Bar selection. | Tuna and sweetcorn pasta bake, green beans and garlic bread | Gammon, new potatoes, carrots, peas and gravy | Chicken noodles, broccoli and sweetcorn | Mild beef chilli and wholemeal rice. Salad Bar selection |
| Main 2 | Quorn hot dog in wholemeal roll and chips. Salad Bar selection | Lentil lasagne, green beans and garlic bread | Cauliflower cheese, new potatoes, carrots and peas. | Veggie noodles, broccoli and sweetcorn | Jacket potato and beans. Salad bar selection |
| Main 3 | Jacket potato and cheese. Salad Bar selection | Chicken and sweetcorn mayo in wholemeal pitta. Salad Bar selection | Tuna mayo salad wholemeal wrap. Salad Bar selection | Egg mayo wholemeal sandwich, Salad Bar selection | Cheese salad wholemeal wrap. Salad bar Selection |
| Salad is available for all 3 main meal options every day | | | | | |
| Dessert | Yoghurt and water melon fingers | Apple and raspberry oaty crunch with custard | Jelly and fruit cocktail | Ice cream and chopped pineapple | Chocolate and vanilla sponge. |
| Fresh fruit, water and wholemeal bread are available for all meals options daily | | | | | |

**W/c 4th March, 25th March**

**Week Three**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Main 1 | Pork sausage, chips and beans | Steamed Pollock, new potatoes, broccoli and carrots | Hot chicken and roasted vegetable wholemeal pitta. Salad bar selection | Beef cottage pie, green beans and carrots | Chicken Tikka Masala, wholemeal rice and peas |
| Main 2 | Cheese omelette, chips and beans | Quorn sausage, new potatoes, broccoli and carrots | Veggie noodles. Salad Bar selection | Cheese and potato pie, green beans and carrots | Jacket potato and beans. Salad Bar selection |
| Main 3 | Jacket potato and cheese. Salad Bar selection | Tuna mayo salad wholemeal wrap. Salad Bar selection | Cheese salad wholemeal wrap. Salad Bar selection | Egg mayo wholemeal sandwich. Salad Bar selection | Chicken and sweetcorn mayo in wholemeal pitta and salad bar selection |
| Salad is available for all 3 main meal options every day | | | | | |
| Dessert | Apple and oaty crunch with custard | Ice cream and chopped pineapple | Oat and raisin cookie | Jelly and fruit cocktail | Yoghurt with melon fingers |
| Fresh fruit, water and wholemeal bread are available for all meals options daily | | | | | |

**W/c 11th March, 4th April**