

# Manor School



## Menu

### Week 1

Monday Vegetarian day	Tuesday	Wednesday	Thursday	Friday
Carbonara Mushroom pasta with garlic bread	Mexican chilli con carne with cream cheese	Lemon roasted chicken with roast potatoes seasonal vegetables	Beef stir fry noodles or fried rice	Crispy battered fish finger with chips
Vegetable mozzarella pasta baked with garlic bread	Veggie chilli con carne or macaroni cheese	Roasted butternut squash with crunchy salad	Enchiladas sweet potatoes with wholemeal fried rice	Mediterranean tart with spinach and goat cheese
Sweetcorn, carrots	Mixed veg and green beans	Cauliflower cabbage	Broccoli and carrots	Baked beans peas
Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes
Daily salads selection	Daily salads selection	Daily salads selection	Daily salads selection	Daily salads selection
Strawberry jelly	Chocolate orange cake	Fresh fruit salad	Sticky toffee pudding with toffee sauce	Peachy crumble with custard
Fresh fruit yoghurt	Fresh fruit yoghurt	Fresh fruit yoghurt	Fresh fruit yoghurt	Fresh fruit yoghurt

All our food is Halal and we serve freshly made bread.

Cool Water Served Daily

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## Menu

### Week 2

Monday Vegetarian day	Tuesday	Wednesday	Thursday	Friday
Pizza of the day with potatoes wedges	Beef or chicken sausage with cream mush potatoes	Roasted lamb with roast potatoes homemade gravy	Morocco chicken tagine with royal couscous	Crispy battered fish finger with chips
Roasted vegetable quash with crush cheese salad	Royal pesto couscous salad with peas and cherry tomato	Butternut risotto with Chevy parmesan cheese	Sweet potatoes pumpkin chickpeas Tagine	Baked vegetable pasta with mozzarella cheese
Cauliflower, peas	Green beans, carrots	Mixed veg, cabbage	Broccoli, sweetcorn	Baked beans peas
Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes
Daily salads Selection	Daily salads selection	Daily salads Selection	Daily salads selection	Daily salads selection
Vanilla Sponge cake with custard	Homemade cookies	Fresh fruit salad	Banana and blueberries muffin	Mixed fruit jelly
Fresh fruit yoghurt	Fresh fruit yoghurt	Fresh fruit yoghurt	Fresh fruit yoghurt	Fresh fruit yoghurt

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### Week 3

Monday Vegetarian day	Tuesday	Wednesday	Thursday	Friday
Tricolour pasta with tarragon tomato sauce	Chicken curry with balsamic rice or chicken tikka masala	Chef choice	Spaghetti bolognese with garlic bread grated parmesan	Crisp battered fish finger with chips
Vegetable casserole with mush potatoes	Cauliflower and chickpeas curry with nan bread	Cauliflower and broccoli cheese with mixed beans salad	Chef choice	Vegetable casserole with spicy rice
Broccoli, carrots	Cabbage sweetcorn	Cauliflower mixed veg	Carrots, green beans	Baked beans peas
Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes
Daily salads selection	Daily salads selection	Daily salads selection	Daily salads selection	Daily salads selection
Chef choice	Marble sponge cake with coffee custard	Fresh fruit salad	Chef choice	Apple crumble with custard
Fresh fruit yoghurt	Fresh fruit yoghurt	Fresh fruit yoghurt	Fresh fruit yoghurt	Fresh fruit yoghurt

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## Menu

### Week 4

Monday Vegetarian day	Tuesday	Wednesday	Thursday	Friday
Mixed vegetable casserole with mashed potatoes	Beef stew with salted rosemary new potatoes	Roast chicken with potatoes homemade gravy	Chef choice	Crisp battered fish finger with chips
Ratatouille with mixed beans wraps	Grilled aubergine with goat cheese tart	Cheesy hotpot with roast potatoes chunky salad	Vegetable chilli with fried rice	Chef choice
Cauliflower green beans	Sweet corn, carrots	Broccoli, cabbage	Carrot , green beans	Baked beans and peas
Jacket Potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes
Daily salads selection	Daily salads selection	Daily salads selection	Daily salads selection	Daily salads selection
Chef choice	Chocolate cake	Fresh fruit salad	Shortbread with custard	Fresh fruit jelly
Fresh fruit yoghurt	Fresh fruit yoghurt	Fresh fruit yoghurt	Fresh fruit yoghurt	Fresh fruit yoghurt

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