



Herrick Primary Menu - 2017/ 2018



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Yellow Moong Curry (G) Brown & White Rice & Naan (G,ML)	Arad Bean Curry (G) Rice & Chapatti (G)	Mixed Dhal (G) Rice & Chapatti (G)	Chick Pea + Potato Curry (G) Rice & Naan (G,ML)	Paneer & Sweetcorn Curry (G,ML) Rice & Chapatti (G)
OPTION 2	Vegetable & Paneer Jalfrezi (G,ML)	Cheese Flan (G,ML)	Vegetable Quesadilla (G,ML)	Cheese & Potato Pie (ML)	Vegetable Burger (G)
OPTION 3	Quorn Sausages (G,ML,E)	Quorn Meatballs (G,ML,E)	Quorn Fillet (E)	Vegetable Bolognese	Pea & Potato Puff (G,ML)
OPTION 1	Sausages (G)	Minced Lamb Meatballs in Tomato Sauce (E)	Roast Chicken	Lamb Bolognese (G)	Salmon Fish Fingers
SIDES	Creamed Potatoes (ML) Brown & White Rice or Naan Bread (G,ML) ~ Baked Beans Spicy Cauliflower (G) Mixed Salad	Jacket Potato Pasta Twists (G) ~ Sweetcorn Broccoli Mixed Salad	Roast Potatoes Jacket Potato ~ Brussel Sprouts Carrots Mixed Salad	Beetroot Roll (G,ML,E) Pasta (G) ~ Broccoli Coleslaw (E) Mixed Salad	Chips Boiled Potatoes ~ Peas Baked beans Mixed Salad
ACCOMPANIMENTS	Tomato Sauce Cucumber Raita (ML)	Tomato Sauce	Gravy Stuffing (G)	Tomato Sauce	Tomato Sauce Vinegar (G)
DESSERT	Jammie Cookie (G) Chocolate Sponge (G,ML)	Chocolate Krispie (G) Plum Crunch Cake (G,ML)	Apple Crumble & Custard (G,ML) Lemon Shortbread (G,ML)	Iced Fruit Sponge (G,ML) Coconut Cookie (G,ML,E)	Ice-Cream (ML) Fruit Salad
BREAD	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)
MILK – FRUIT – YOGURT AVAILABLE DAILY					
Week Commencing: 28th August, 25th September, 30th October, 27th November, 2018- 8th January, 5th February					

**G = Gluten ML = Milk/Lactose E = Eggs V = Vegetarian
For all other allergens please ask a member of catering staff**



Herrick Primary Menu - 2017/2018



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Toover Dhal (G) Rice & Naan Bread (G,ML)	Moong Bean (G) Rice & Chapatti (G)	Khichadi & Kadhi (G,ML) Potato Curry (G) Naan Bread (G,ML)	Mixed Bean Curry (G) Rice & Chapatti (G)	Kidney Bean & Sweetcorn (G) Rice & Chapatti (G)
OPTION 2	Cheese & Tomato Slice (ML)	Macaroni Cheese (G,ML)	Pizza (G,ML)	Broccoli & Spaghetti Bake (G,ML)	Vegetable & Spinach layer Bake (G,ML)
OPTION 1	Quorn Shepherds Pie (G,ML,E)	Sticky Spicy Vegetables	Roasted Vegetable Plait (G)	Quorn Fillet (E)	Vegetable Fingers (G)
OPTION 2	Shepherds Pie (ML)	Sticky Spicy Chicken	Lamb Burger (G,ML)	Roast Chicken	Fish Fingers (G)
SIDES	Jacket Potato Creamed Potatoes (ML) ~ Peas & Carrots Baked Beans Mixed Salad	Steamed Rice Malted Baguette (G,ML) ~ Sweetcorn Cob Broccoli Mixed Salad	Jacket Potato Tomato Pasta (G,ML,E) ~ Baked Beans Coleslaw (E) Mixed Salad	Roast Potatoes Garlic Roll (G,ML,E) ~ Broccoli & Cauliflower Gratin (ML) Mixed Vegetables Mixed Salad	Chips Ciabatta (G) ~ Peas Baked Beans Mixed Salad
ACCOMPANIMENTS	Tomato Sauce Gravy		Tomato Sauce	Gravy Stuffing (G) Tomato Sauce	Tomato Sauce Vinegar (G)
DESSERTS	Ginger Biscuits (G,ML,E) Chocolate Muffin (G,ML,E)	Iced Sponge (G,ML) Oat & Raisin Biscuit (G,ML,E)	Assorted Frozen Yogurt (ML) Eve's Pudding & Custard (G,ML)	Chocolate Tart (G,ML) Fruit Medley	Ice Cream (ML) Norwegian Biscuit (G)
BREAD	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)

MILK – FRUIT – YOGURT AVAILABLE DAILY

Week Commencing: 4th September, 2nd October, 6th November, 4th December, 2018-15th January, 19th February

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Herrick Primary Menu - 2017/2018



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Moong Bean Curry (G) Rice & Chapatti (G)	Chana Bean Curry (G) Rice & Chapatti (G)	Toover Dhal (G) Rice & Naan (G,ML)	Khichadi & Kadhi Potato Curry (G,ML) & Chapattii (G)	Black Eyed Bean Curry (G) Rice & Naan (G,ML)
OPTION 2	Vegetable Masala (G,ML)	Creamy Vegetable Pie (G,ML)	Quorn Stir Fry (E)	Cheese Flan (G,ML)	Cheese & Vegetable Bake (G,ML)
OPTION 3	Quorn Sausages (G,E,ML)	Quorn Fillet (E)	Vegetable Lasagne (G,ML)	Cheese Flan (G,ML)	Cajun Vegetable Enchilada
OPTION 1	Pork Sausages (G)	Bacon Medallion	Lamb Lasagne (G,ML)	Cheese Flan (G,ML)	Bubble Battered Pollock
SIDES	Creamed Potatoes (ML) Steamed Rice/Naan Bread (G,ML) ~ Baked Beans Mixed Vegetables Mixed Salad	Lyonnaise Potatoes Boiled Potatoes ~ Broccoli Florets Baton Carrots Mixed Salad	Garlic Bread (G,ML) Egg Noodles (G,E) ~ Coleslaw (E) Garden Peas Mixed Salad	Jacket Potatoes Brown & White Rice ~ Baked Beans Sweetcorn Mixed Salad	Chips Malted Baguette (G,ML) ~ Garden/Mushy Peas Mixed Vegetables Mixed Salad
ACCOMPANIMENTS	Tomato Sauce	Gravy Apple Sauce		Tomato Sauce	Tomato Sauce Vinegar (G)
DESSERT	Chocolate Biscuit (G,ML,E) Fruit Medley	Apple Crumble & Custard (G,ML) Butterscotch Biscuit (G,ML)	Iced Sponge (G,ML) Mousse (ML)	Chocolate Haystack with Raisins (G,ML) Jam & Cream Scone (G,ML,E)	Ice Cream (ML) Fruit Flan (G,ML)
BREAD	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)

MILK – FRUIT – YOGURT AVAILABLE DAILY

Week Commencing: 11th September, 9th October, 13th November, 11th December, 2018 -22nd January 26th February



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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Chick Pea & Potato Curry (G) Rice & Naan (G,ML)	Paneer & Sweetcorn Curry (G,ML) Rice & Chapatti (G)	Yellow Mung Curry (G) Rice & Chapatti (G)	Kidney Bean & Sweetcorn Curry (G) Rice & Naan (G,ML)	Vegetable Snak & Mixed Dhal (G) Rice & Chapatti (G)
OPTION 2	Vegetable Jambalaya	Vegetable Curry	Veggie Beanie (G,ML)	Selection of Pizza (G,ML)	Leek & Potato Frittata (ML,E)
OPTION 3	Broccoli & Spaghetti Bake (G,ML)	Quorn Fillet (E)	Quorn Balls in Tomato Sauce (G,ML)	Quorn Fillet Pizza (ML,E)	Quorn Burger (G,E,ML)
OPTION 1	Macaroni & Mince Gratin (G,ML)	Pork Loin in Gravy	Turkey Meatballs in Tomato Sauce	Salmon & Sweetcorn Layer (G,ML)	Battered Pollock (G,ML)
SIDES	Malted Baguette (G,ML) Jacket Potato Sliced Carrots Sweetcorn Mixed Salad	Roasted Potatoes Brown & White Rice Shredded Cabbage Mixed Vegetables Mixed Salad	Spaghetti (G) Creamed Potatoes (ML) Broccoli Florets Sweetcorn & Mixed Peppers Mixed Salad	Jacket Potato Herbed Potatoes Baked Beans Garden Peas Mixed Salad	Chips Ciabatta Slice (G) Garden/Mushy Peas Baton Carrot Mixed Salad
ACCOMPANIMENTS		Gravy Sage & Onion Stuffing (G)	Tomato Sauce	Tomato Sauce	Tomato Sauce Vinegar (G)
DESSERTS	Iced Fruit Sponge (G,ML) Jumble Biscuit (G,ML,E)	Melting Moment (G) Apple Flapjack (G)	Lemon Biscuit (G,ML) Fruit Salad	Chocolate Shortbread (G,ML) Mousse (ML)	Ice Cream (ML) Devonshire Split (G,ML,E)
BREAD	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)

MILK – FRUIT – YOGURT AVAILABLE DAILY

Week Commencing: 18th September, 23rd October, 20th November, 18th December, 2018 - 29th January 5th March

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