



# Autumn/Winter 2019 Menu Week One

## Poulton Lancelyn

Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course 1	Traditional Sausage & Mash	Winter Chicken Casserole With Boiled Potatoes	Roast of the Day & all the trimmings	British Savoury Beef & onion pie with Mash	Battered Fish and Chips
Main Course 2 (V)	Vegetable Sausage & Mash	Margherita Pizza with ½ Jacket Potato	Quorn Roast & all the trimmings	Mac n Cheese (v)	Vegetable Curry & Wholegrain rice (v)
Vegetables	Cauliflower Mixed Vegetables	Broccoli Winter Coleslaw	Savoy Cabbage Sweetcorn	Green Beans Carrots	Garden Peas Baked Beans
Jacket/Handheld Option	Cheesy Bean Toastie	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans	Hot Roast Bap	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans	Sweet Chilli Chicken Panini
Dessert	Ginger Sponge Vanilla Sauce/Custard	Fruity Flapjack & Apple Slices	Chocolate Sponge & Chocolate Sauce	Jam Sponge & Custard	Oaty Biscuit/Shortbread & Fruit Wedges

### Available Daily Salad

Selection, Fresh Bread, Fresh Fruit  
and Yoghurts





## Autumn/Winter 2019 Menu Week Two

### Poulton Lancelyn

Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course 1	Beef & Tomato Meatballs in Tomato Sauce with Organic Pasta	Mild Chicken Curry with Rice	Roast of the Day with all the trimmings	(Organic) Beef Pasta Bolognese & Garlic bread	MSC Fish Fingers and Chips
Main Course 2 (V)	Quorn Meatballs in Tomato Sauce	Tomato and Basil Pasta	Quorn Roast & all the trimmings	Veggie Bolognese & Garlic Bread	Quorn Fajita & Chips or Vegetable Sausage Fajita
Vegetables	Garden Peas Fresh Salad	Carrots Green Beans	Cauliflower Mixed Vegetables	Broccoli Sweetcorn	Garden Peas Baked Beans
Jacket/Handheld Option	Wholemeal Pizza Slice Half Jacket Potato	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans	Hot Roast Turkey & Stuffing Wrap	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans	Fish Finger Sandwich
Dessert	Hot Chocolate Fudge Cake with Custard	Cornflake Tart & Custard	Shortbread & Fruit	Feathered Jam Sponge & Custard	Ginger & Mandarin Muffin

#### Available Daily Salad

Selection, Fresh Bread, Fresh Fruit and Yoghurts





# Autumn/Winter 2019 Menu Week Three

## Poulton Lancelyn

Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course 1</b>	Beef Burger in a Bun Homemade Wedges	Shepherds/Cottage pie	Roast of the Day & all the trimmings	Homemade Chicken Pie & Mash	MSC Fish Fingers and Chips
<b>Main Course 2 (V)</b>	Veggie Burger in a Bun	Cheesy Margherita Pizza (v)	Quorn Roast & all the trimmings	Tomato, Vegetable Sausage & Macaroni Bake	Vegetable Nuggets and Chips
<b>Vegetables</b>	Sweetcorn Carrots	Broccoli Fresh Salad	Cauliflower Garden Peas	Mixed Vegetables Savoy Cabbage	Garden Peas Baked Beans
<b>Jacket/Handheld Option</b>	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans	Hot Roast Baguette	Cheese & Red Onion Pasty	Vegetable Enchilada served with Chips
<b>Dessert</b>	Apple Crumble served with Custard	Lemon Slice with Milk	Chocolate Crunch served with Custard	Marble Sponge served with Custard	Crunchy Biscuit served with Apple Slices

### Available Daily Salad

Selection, Fresh Bread, Fresh Fruit and Yoghurts

