



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
Main Course 1	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
Main Course 2 (V)	Veggie Burger in a Bun	Cheesy Margherita Pizza (v)	Quorn Roast & all the trimmings	Tomato, Vegetable Sausage & Macaroni Bake	Vegetable Nuggets and Chips
Vegetables	Sweetcorn Carrots	Broccoli Fresh Salad	Cauliflower Garden Peas	Mixed Vegetables Savoy Cabbage	Garden Peas Baked Beans
Jacket/Handheld Option	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	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans	Vegetable Enchilada served with Chips
Dessert	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

