

# Winter Menu



Week Commencing: 31<sup>st</sup> Oct, 21<sup>st</sup> Nov, 12<sup>th</sup> Dec, 16<sup>th</sup> Jan, 6<sup>th</sup> Feb, 5<sup>th</sup> Mar, 26<sup>th</sup> Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Beef Burger in a Bun with Tomato Sauce & Cajun Spiced Wedges or Veggie Bangers with Creamed Potatoes & Onion Gravy (V)	Chicken Balti with Boiled Rice or Cheese and Tomato Pizza With Jacket Potato (V)	Roast Pork with Crispy Roast Potatoes or New Potatoes and Gravy or Quorn Roast with Crispy Roast or New Potatoes and Gravy (V)	Beef Pie with a Suet Crust with Root Vegetable Mash or Jacket Potato with BBQ Baked Beans (V)	Cod Fish Fingers with Chipped Potatoes or Penne Pasta Vegetable Bake with Herb Bread (V)
<b>To go with</b>	Fresh Broccoli Florets Sweetcorn & Cucumber and Tomato Salad	Garden Peas Roasted Vegetables & Mixed Salad	Fresh Carrots Sautéed Leeks & Vegetable Sticks	Seasonal Fresh Cabbage Cauliflower Florets & Mixed Salad Bowl	Baked Beans Green Beans & Salad Platter
<b>Pudding</b>	Fruity Delight or Fruit Bites	Chocolate Pudding with Chocolate Sauce or Fresh Fruit Cups	Giant Crunchy Cookie with Apple Wedges or Fruit Salad	Fruit Crispy Bar or Fruit Platter	Frosted Carrot Cake or Melon Boats
<b>Drinks/Bread</b>	Cornish milk Cool Water Homemade bread	Cornish milk Cool Water Homemade bread	Cornish milk Cool Water Homemade bread	Cornish milk Cool Water Homemade bread	Cornish milk Cool Water Homemade bread

Week Commencing: 7<sup>th</sup> Nov, 28<sup>th</sup> Nov, 2<sup>nd</sup> Jan, 23<sup>rd</sup> Jan, 20<sup>th</sup> Feb, 12<sup>th</sup> Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Hawaiian Pizza or Margherita Pizza (V) and Jacket Potato or Jacket potato with Tuna Mayonnaise	Roast Beef with Crispy Roast Potatoes and Gravy or Cheese and Leek Pie with New Potatoes (V)	Italian Inspired Shepherds Pie or Quorn Burger in a Bun with Tomato Sauce (V)	Roast Chicken with Creamed Potatoes and Gravy or Macaroni Cheese (V)	Crispy Battered Fish with Chips or Cheese and Potato Pinwheel with Herb Bread (V)
<b>To go with</b>	Roasted Vegetables Garden Peas & Mixed Salad	Fresh Carrots Green Beans & Vegetable Sticks	Baked Beans Sweet corn & Salad Platter	Fresh broccoli Mashed Swede & Mixed Salad	Mushy Peas Light Crunchy Coleslaw & Cucumber and Tomato Salad
<b>Pudding</b>	Ice Cream with Fruit or Fruit Salad	Hot Chocolate Orange Fudge Cake with Custard or Melon Boats	Apple Flapjack with Vanilla sauce or Fruit Platter	Sticky Toffee Pudding with Vanilla sauce or Fruit Bites	Shortbread Fingers with Fresh Fruit Slices or Fruit Cups
<b>Drinks/Bread</b>	Cornish milk Cool Water Homemade bread	Cornish milk Water Homemade bread	Cornish milk Cool Water Homemade bread	Cornish milk Water Homemade bread	Cornish milk Cool Water Homemade bread

Week Commencing: 14<sup>th</sup> Nov, 5<sup>th</sup> Dec, 9<sup>th</sup> Jan, 30<sup>th</sup> Jan, 27<sup>th</sup> Feb, 19<sup>th</sup> Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Pork Sausages with Creamed Potato and Gravy or Frittata with New Potatoes (V)	Mexican Chilli with Rice or Pasta Neapolitan (V)	Roast Turkey with Crispy Roast or New Potatoes and Gravy or Quorn Roast with Crispy Roast or New Potatoes and Gravy (V)	Italian Lasagne or Mediterranean Tart with Jacket Wedges (V)	Salmon Fish Cakes With Chipped Potatoes or Jacket Potato with Cheese (V)
<b>To go with</b>	Fresh Carrots Green Beans & Salad Platter	Sweetcorn Sautéed Leeks and Courgettes & Mixed Salad	Seasonal Cabbage Fresh Swede & Vegetable Sticks	Crunchy Light Coleslaw Roasted Vegetables & Tomato and Cucumber Salad	Baked Beans Garden Peas & Mixed Salad
<b>Pudding</b>	Marmalade Pudding with Custard or Fresh Fruit Bites	Apple and Oat Crumble with Custard or Fruit Cups	Fruit Jelly or Melon Boats	Banana Custard or Fresh Fruit Platter	Chocolate Crispy Bar or Fruit Salad
<b>Drinks/Bread</b>	Cornish milk Cool Water Homemade bread	Cornish milk Water Homemade bread	Cornish milk Cool Water Homemade bread	Cornish milk Water Homemade bread	Cornish milk Cool Water Homemade bread

# Winter Menu



Welcome to your new Winter; which runs through until Easter Break 2012



Our new Winter menu has been developed using pupil surveys, and our menu forum to create tasty recipes.

Our menus are not only nutritionally balanced, but also provide delicious dishes that children love to eat!



Our menus include the best quality and freshest ingredients, sourced directly from growers and producers.

This ensures we can maintain a robust supply chain and have complete traceability from the field to the plate.



Free School Meals are available to children whose parents are in receipt of :

- Income Support
- Income Based Job Seekers Allowance
- Income related Employment and Support Allowance
- Child Tax Credit, with an annual income of no more than £16,190
- Guarantee element of State pension Credit
- Support under part VI of Immigration and Asylum Act 1999 (IAA) – *Please contact the Free School Meals Team if this applies to you*

If you receive Working Tax Credit, however, you do not qualify for free school meals

For more information on Free School meals please telephone : 0300 1234100



Are you interested in a career in school catering that fits around your family life?

If so why not join our friendly, professional catering team.

Appropriate training will be given, smart uniforms provided.

Please contact the Chartwells admin team either in writing or telephone:

Chartwells  
The Barn  
Penny-Come-Quick  
Zelah  
Truro  
TR4 9JD

Telephone 01872 540263 for further information and an application form