



South Hams Federation School Kitchen

Winter Menu - From October 2017

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Whirls	Sausage Casserole	Lasagne	Roast Breast of Chicken with stuffing	Oven Baked Breaded Fish
Vegetables & Baked Beans	Creamed Potatoes & Broccoli	Peas & Garlic Slice	Roast Potatoes Carrots, Cabbage & Gravy	French Fries with Baked Beans or Mixed Vegetables
Chocolate Pudding with Chocolate Sauce	Apple & Blackberry Crumble & Cream	Ginger Dessert With Custard	Peaches & Ice Cream	Shortbread Biscuit with Hot Chocolate

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato & Mediterranean Vegetable Pasta Bake	Lemon Chicken	Beef & Onion Pie	Roast Pork	Oven Baked Breaded Fish
Peas & Garlic Slice	Noodles & Mixed Vegetables	Creamed Potatoes Broccoli & Cauliflower	Roast Potatoes Carrots, Green Beans & Gravy	French Fries with Sweet Corn or Beans
Lemon Sponge with Custard	Steamed Pudding & Vanilla Sauce	Custard Biscuit & Juice	Mixed Fruit & Ice Cream	Chocolate Cornflake Cake & Juice

Food Allergies and Intolerances: Please speak to the School Office who will put you in touch with the Kitchen Manager about any food allergies or intolerances

Vegetarian Option: A Vegetarian Option is available every day

Fruit: Fresh Fruit/Yoghurt is available as an alternative to puddings

Menu Variations: The menu may vary at time subject to availability of produce

