

FORM 3

MONDAY ALTERNATIVE DISHES - Apr 2017

Traditional	
01	Beef, Spinach & Broccoli Grill
02	Sausage Goulash (New Oct 16)
03	Oven Baked Sausage
04	Beef & Potato Moussaka (New Oct 16)
05	Lamb & Mint Grill
06	Chicken Chasseur (New October 2016)
07	Mexican BBQ Chicken & Bean Burrito (New Apr 17)
08	Lamb Casserole, Lentils & Herbs
09	Shepherds Pie (Improved Recipe Apr 17)
10	Beef Lasagne (Improved Recipe Apr 17)
11	Roast Meat Dinner
12	Rustic Chilli Chicken Pasta
13	Chicken Paprikash (New Oct 16)

Desserts (Hot)	
01	Eve's Pudding & Custard
02	Reduced Sugar Marble Sponge (New Apr 17)
03	Orange Drizzle Cake with Custard
04	Apple Cinnamon Date Crumble
05	Reduced Sugar Choc Apple Sponge (New Apr 17)
06	Reduced Sugar Choc & Mandarin Sponge (New Apr 17)
07	Reduced Sugar Chocolate Sponge (New Apr 17)
08	Reduced Sugar Jam Sponge (New Apr 17)
09	Lemon & Sultana Sponge
10	Orange & Lemon Sponge
11	Rice Pudding, Peaches & Jam
12	Zucchini Cake
13	Apple Crumble (50% Fruit)
14	Reduced Sugar Mandarin Sponge (New Apr 17)
15	Mixed Fruit Crumble (50% Fruit)
16	Peach Oaty Crumble (50% Fruit)
17	Pear Vanilla Sponge (50% Fruit)
18	Pineapple Upside Down (50% Fruit)
19	Swedish Apple (50% Fruit)
20	Belgian Waffle (New Apr 17)
21	Chocolate Waffle (New Apr 17)

Halal	
01	Halal Mumbai Meatballs
02	Halal Keema Burger (Improved Recipe Oct 16)
03	Halal Chicken Sheesh Kebab
04	Halal Chicken & Butternut Squash
05	Chat Patta (Sweet & Sour Chickpea Curry) (New Apr 17)
06	Halal Sheesh Kebab (Improved Recipe Oct 16)
07	Halal Chilli Chicken Pasta
08	Halal Chicken Koftas (New April 2016)

Desserts (Cold)	
01	Starwberry & Vanilla Mousse (New Oct 2016)
02	Chocolate & Vanilla Mousse (New Oct 2016)
03	Angel Delight
04	Apple & Sultana Muffin
05	Autumn Fruit Salad
06	Banana & Apple Muffin
07	Cocoa & Orange Cookie
08	Cream Cheese, Crackers & Fruit
09	Date & Cocoa Brownie
10	Reduced Sugar Decorated Bun (New Apr 17)
11	Flapjack
12	Fresh Fruit Salad & Ice Cream
13	Frozen Smoothie
14	Frozen Yoghurt
15	Fruit Cheese Cake
16	Fruit Jelly
17	Honey, Banana & Yoghurt Pud
18	Oat Cookie
19	Plum Yoghurt Cake
20	Reduced Sugar Cocoa Buns (New Apr 17)

Vegetarian	
01	Mild Quorn, Spinach & Potato Curry (New Apr 17)
02	Quorn Burger
03	Veg Soya Lasagne
04	Mild Veggie Keema & Peas
05	Quorn & Pepper Fajitas
06	Quorn & Vegetable Paella
07	Mexican Mixed Bean Burrito
08	Quorn Meatballs in Curry Sauce
09	Quorn Meatballs in Tomato Sauce
10	Quorn Meatballs with Gravy
11	Quorn Sausage
12	Mediterranean Quorn Casserole
13	Vegetable Soya Bolognese
14	Veggie Soya Shepherds Pie
15	Quorn Frankfurter (New October 2016)

Panini's / Jacket potatoes	
01	Assorted Sandwiches / Wraps
02	Cheese Panini (Optional Daily)
03	Chicken Panini (2 Times a Week)
04	Halal Chicken Panini (2 Times a Week)
05	Ham & Cheese Panini (Optional Daily)
06	Jacket Potato Assorted fillings
07	Non Meat Panini (Optional Daily)
08	Tuna Melt Panini (Optional Daily)

- You must select 1 Blue dish on Monday for your Traditional option to be compliant to the Food Standards
- You must select 1 Pink dish on Monday for your Halal option to be compliant to the Food Standards
- You must select 1 Green dish on Monday for your Vegetarian option to be compliant to the Food Standards

FORM 3

TUESDAY ALTERNATIVE DISHES - Apr 2017

Traditional	
01	Chicken Chasseur (New October 2016)
02	Beef Lasagne (Improved Recipe Apr 17)
03	Meat & Potato Pie
04	Chicken & Vegetable Pie
05	Chilli Con Carne
06	Cornish Pie
07	Mexican BBQ Chicken & Bean Burrito (New Apr 17)
08	Pasta Bolognese
09	Minced Beef Goulash (New Oct 16)
10	Roast Meat Dinner
11	Shepherds Pie (Improved Recipe Apr 17)

Halal	
01	Halal Chicken & Butternut Squash
02	Halal Pasta Bolognese
03	Halal Keema Roll
04	Cheese Whirls (Veggie Pastry)
05	Halal Chicken Pakora - (Non Compliant)
06	Halal Meat Rogan Josh
07	Chat Patta (Sweet & Sour Chickpea Curry) (New Apr 17)
08	Halal Crofters Pie
09	Halal Lasagne
10	Halal Spanish Chicken & Rice
11	Vegetable Whirl (Veggie Pastry)

Vegetarian	
01	Cheese Lattice
02	Cheese Whirls
03	Vegetable Lasagne
04	Baked Julliene Veg Tortilla
05	Cauli, Potato & Chickpea Curry
06	Cheese & Onion Quiche
07	Cheese & Potato Flan
08	Country Vegetable Casserole
09	Italian Tomato Pasta
10	Sweet & Sour Vegetables
11	Veg Samosa (Non Compliant)
12	Vegetable Frittata
13	Vegetable Ravioli
14	Vegetable Roll
15	Vegetable Whirl

Desserts (Hot)	
01	Apple Cinnamon Date Crumble (50% Fruit)
02	Apple Crumble (50% Fruit)
03	Mandarin Sponge (50% Fruit)
04	Mixed Fruit Crumble (50% Fruit)
05	Peach Oaty Crumble (50% Fruit)
06	Pear Vanilla Sponge (50% Fruit)
07	Pineapple Upside Down (50% Fruit)
08	Swedish Apple (50% Fruit)

Desserts (Cold)	
01	Starwberry & Vanilla Mousse (New Oct 2016)
02	Chocolate & Vanilla Mousse (New Oct 2016)
03	Angel Delight
04	Apple & Sultana Muffin
05	Autumn Fruit Salad
06	Banana & Apple Muffin
07	Cocoa & Orange Cookie
08	Cream Cheese, Crackers & Fruit
09	Date & Cocoa Brownie
10	Reduced Sugar Decorated Bun (New Apr 17)
11	Flapjack
12	Fresh Fruit Salad & Ice Cream
13	Frozen Smoothie
14	Frozen Yoghurt
15	Fruit Cheese Cake
16	Fruit Jelly
17	Honey, Banana & Yoghurt Pud
18	Oat Cookie
19	Plum Yoghurt Cake
20	Reduced Sugar Cocoa Buns (New Apr 17)

Panini's / Jacket potatoes	
01	Assorted Sandwiches / Wraps
02	Cheese Panini (Optional Daily)
03	Chicken Panini (2 Times a Week)
04	Halal Chicken Panini (2 Times a Week)
05	Ham & Cheese Panini (Optional Daily)
06	Jacket Potato Assorted fillings
07	Non Meat Panini (Optional Daily)
08	Tuna Melt Panini (Optional Daily)

- You must select 1 Blue dish on Tuesday for your Traditional option to be compliant to the Food Standards
- You must select 1 Pink dish on Tuesday for your Halal option to be compliant to the Food Standards
- You must select 1 Purple dish on Tuesday for your Vegetarian option to be compliant to the Food Standards
- You must select 1 Light Green dish on Tuesday for your Dessert option from either the hot or cold dessert options
- WARNING - Any dish in Black will make your menu NON COMPLIANT

FORM 3

WEDNESDAY ALTERNATIVE DISHES - Apr 2017

Traditional	
01	Roast Turkey Dinner
02	Beef & Potato Moussaka (New Oct 2016)
03	Roast Dinner
04	Beef Lasagne (Improved Recipe Apr 17)
05	Chicken & Roast Veg Cous Cous
06	Chicken Chasseur (New Oct 2016)
07	Mexican BBQ Chicken & Bean Burrito (New Apr 17)
08	Chilli Con Carne
09	Shepherds Pie (Improved Recipe Apr 17)
10	Minced Beef Goulash (New Oct)
11	Spaghetti Bolognaise
12	Chicken Paprikash (New Oct 16)

Halal	
01	Halal Lasagne
02	Halal Chicken Dansak
03	Halal Chicken Garbonzo Curry
04	Halal Chicken & Butternut Squash
05	Halal Chicken & Spinach Curry
06	Halal Chicken Biryani
07	Chat Patta (Sweet & Sour Chickpea Curry) (New Apr 17)
08	Halal Chicken Tikka Masala
09	Halal Chilli Chicken Pasta
10	Halal Meat Dopiaza
11	Halal Meat Rogan Josh

Vegetarian	
01	Mild Quorn, Spinach & Potato Curry (New Apr 17)
02	Quorn Burger
03	Veg Soya Lasagne
04	Mild Veggie Keema & Peas
05	Quorn & Pepper Fajitas
06	Quorn & Vegetable Paella
07	Mexican Mixed Bean Burrito
08	Quorn Meatballs in Curry Sauce
09	Quorn Meatballs in Tomato Sauce
10	Quorn Meatballs with Gravy
11	Quorn Sausage
12	Mediterranean Quorn Casserole
13	Vegetable Soya Bolognaise
14	Veggie Soya Shepherds Pie
15	Quorn Frankfurter (New October 2016)

Desserts (Hot)	
01	Eve's Pudding & Custard
02	Reduced Sugar Marble Sponge (New Apr 17)
03	Orange Drizzle Cake with Custard
04	Apple Cinnamon Date Crumble
05	Reduced Sugar Choc Apple Sponge (New Apr 17)
06	Reduced Sugar Choc & Mandarin Sponge (New Apr 17)
07	Reduced Sugar Chocolate Sponge (New Apr 17)
08	Reduced Sugar Jam Sponge (New Apr 17)
09	Lemon & Sultana Sponge
10	Orange & Lemon Sponge
11	Rice Pudding, Peaches & Jam
12	Zucchini Cake
13	Apple Crumble (50% Fruit)
14	Reduced Sugar Mandarin Sponge (New Apr 17)
15	Mixed Fruit Crumble (50% Fruit)
16	Peach Oaty Crumble (50% Fruit)
17	Pear Vanilla Sponge (50% Fruit)
18	Pineapple Upside Down (50% Fruit)
19	Swedish Apple (50% Fruit)
20	Belgian Waffle (New Apr 17)
21	Chocolate Waffle (New Apr 17)

Desserts (Cold)	
01	Starwberry & Vanilla Mousse (New Oct 2016)
02	Chocolate & Vanilla Mousse (New Oct 2016)
03	Angel Delight
04	Apple & Sultana Muffin
05	Autumn Fruit Salad
06	Banana & Apple Muffin
07	Cocoa & Orange Cookie
08	Cream Cheese, Crackers & Fruit
09	Date & Cocoa Brownie
10	Reduced Sugar Decorated Bun (New Apr 17)
11	Flapjack
12	Fresh Fruit Salad & Ice Cream
13	Frozen Smoothie
14	Frozen Yoghurt
15	Fruit Cheese Cake
16	Fruit Jelly
17	Honey, Banana & Yoghurt Pud
18	Oat Cookie
19	Plum Yoghurt Cake
20	Reduced Sugar Cocoa Buns (New Apr 17)

Panini's / Jacket potatoes	
01	Assorted Sandwiches / Wraps
02	Cheese Panini (Optional Daily)
03	Chicken Panini (2 Times a Week)
04	Halal Chicken Panini (2 Times a Week)
05	Ham & Cheese Panini (Optional Daily)
06	Jacket Potato Assorted fillings
07	Non Meat Panini (Optional Daily)
08	Tuna Melt Panini (Optional Daily)

- You must select 1 Blue dish on Wednesday for your Traditional option to be compliant to the Food Standards
- You must select 1 Pink dish on Wednesday for your Halal option to be compliant to the Food Standards
- You must select 1 Green dish on Wednesday for your Vegetarian option to be compliant to the Food Standards

FORM 3

THURSDAY ALTERNATIVE DISHES - October 2016

Traditional	
01	Ham & Mushroom Pizza (Improved Recipe Oct 16)
02	BBQ Chicken Pizza (Improved Recipe Oct 16)
03	Sticky Chicken Pizza (New Apr 17)
04	Ham & Pineapple Pizza (Improved Recipe Oct 16)





Halal	
01	Halal BBQ Chicken Pizza (Improved Recipe Oct 16)
02	Halal Chicken Tikka Pizza (Improved Recipe Oct 16)
03	Tuna & Sweetcorn Pizza (Improved Recipe Oct 16)
04	Halal Sticky Chicken Pizza (New Apr 17)
05	Halal Chicken Tikka Pizza (Improved Recipe Oct 16)

Vegetarian	
01	Cheese & Tomato Pizza (Improved Recipe Oct 16)
02	Pepper & Mushroom Pizza (Improved Recipe Oct 16)
03	Pepper & Red Onion Pizza (Improved Recipe Oct 16)
04	Pepper & Sweetcorn Pizza (Improved Recipe Oct 16)

Desserts (Hot)	
01	Apple Cinnamon Date Crumble (50% Fruit)
02	Apple Crumble (50% Fruit)
03	Mandarin Sponge (50% Fruit)
04	Mixed Fruit Crumble (50% Fruit)
05	Peach Oaty Crumble (50% Fruit)
06	Pear Vanilla Sponge (50% Fruit)
07	Pineapple Upside Down (50% Fruit)
08	Swedish Apple (50% Fruit)

Desserts (Cold)	
01	Starwberry & Vanilla Mousse (New Oct 2016)
02	Chocolate & Vanilla Mousse (New Oct 2016)
03	Angel Delight
04	Apple & Sultana Muffin
05	Autumn Fruit Salad
06	Banana & Apple Muffin
07	Cocoa & Orange Cookie
08	Cream Cheese, Crackers & Fruit
09	Date & Cocoa Brownie
10	Reduced Sugar Decorated Bun (New Apr 17)
11	Flapjack
12	Fresh Fruit Salad & Ice Cream
13	Frozen Smoothie
14	Frozen Yoghurt
15	Fruit Cheese Cake
16	Fruit Jelly
17	Honey, Banana & Yoghurt Pud
18	Oat Cookie
19	Plum Yoghurt Cake
20	Reduced Sugar Cocoa Buns (New Apr 17)

Panini's / Jacket potatoes	
01	Assorted Sandwiches / Wraps
02	Cheese Panini (Optional Daily)
03	Chicken Panini (2 Times a Week)
04	Halal Chicken Panini (2 Times a Week)
05	Ham & Cheese Panini (Optional Daily)
06	Jacket Potato Assorted fillings
07	Non Meat Panini (Optional Daily)
08	Tuna Melt Panini (Optional Daily)

-  You may select 1 as a Traditional Pizza option on Thursday
-  You may select 1 as a Halal Pizza option on Thursday
-  Is suitable for Traditional, Halal & Vegetarian option on Thursday
-  You must select 1 light green dish on Thursday for your Dessert option

FORM 3

FRIDAY ALTERNATIVE DISHES - October 2016

Traditional	
01	Gluten Free Fish Fingers (New October 2016)
02	Tempura Battered Salmon Goujons
03	Tempura Battered Fish 60g Fillet
04	25g Fish Fingers
05	Battered Fishcake
06	Fish Pie
07	Jumbo Fish Fingers
08	Salmon Bites
09	Tempura Battered Goujons
10	Gluten Free Bubble Coated Fish Fillet (New Apr 17)

Halal	
01	Gluten Free Fish Fingers (New October 2016)
02	Tempura Battered Salmon Goujons
03	Tempura Battered Fish 60g Fillet
04	25g Fish Fingers
05	Battered Fishcake
06	Fish Pie
07	Jumbo Fish Fingers
08	Salmon Bites
09	Tempura Battered Goujons
10	Gluten Free Bubble Coated Fish Fillet (New Apr 17)

Vegetarian	
01	Mild Quorn, Spinach & Potato Curry (New Apr 17)
02	Quorn Burger
03	Veg Soya Lasagne
04	Mild Veggie Keema & Peas
05	Quorn & Pepper Fajitas
06	Quorn & Vegetable Paella
07	Mexican Mixed Bean Burrito
08	Quorn Meatballs in Curry Sauce
09	Quorn Meatballs in Tomato Sauce
10	Quorn Meatballs with Gravy
11	Quorn Sausage
12	Mediterranean Quorn Casserole
13	Vegetable Soya Bolognese
14	Veggie Soya Shepherds Pie
15	Quorn Frankfurter (New October 2016)

Desserts (Hot)	
01	Eve's Pudding & Custard
02	Reduced Sugar Marble Sponge (New Apr 17)
03	Orange Drizzle Cake with Custard
04	Apple Cinnamon Date Crumble
05	Reduced Sugar Choc Apple Sponge (New Apr 17)
06	Reduced Sugar Choc & Mandarin Sponge (New Apr 17)
07	Reduced Sugar Chocolate Sponge (New Apr 17)
08	Reduced Sugar Jam Sponge (New Apr 17)
09	Lemon & Sultana Sponge
10	Orange & Lemon Sponge
11	Rice Pudding, Peaches & Jam
12	Zucchini Cake
13	Apple Crumble (50% Fruit)
14	Reduced Sugar Mandarin Sponge (New Apr 17)
15	Mixed Fruit Crumble (50% Fruit)
16	Peach Oaty Crumble (50% Fruit)
17	Pear Vanilla Sponge (50% Fruit)
18	Pineapple Upside Down (50% Fruit)
19	Swedish Apple (50% Fruit)
20	Belgian Waffle (New Apr 17)
21	Chocolate Waffle (New Apr 17)

Desserts (Cold)	
01	Starwberry & Vanilla Mousse (New Oct 2016)
02	Chocolate & Vanilla Mousse (New Oct 2016)
03	Angel Delight
04	Apple & Sultana Muffin
05	Autumn Fruit Salad
06	Banana & Apple Muffin
07	Cocoa & Orange Cookie
08	Cream Cheese, Crackers & Fruit
09	Date & Cocoa Brownie
10	Reduced Sugar Decorated Bun (New Apr 17)
11	Flapjack
12	Fresh Fruit Salad & Ice Cream
13	Frozen Smoothie
14	Frozen Yoghurt
15	Fruit Cheese Cake
16	Fruit Jelly
17	Honey, Banana & Yoghurt Pud
18	Oat Cookie
19	Plum Yoghurt Cake
20	Reduced Sugar Cocoa Buns (New Apr 17)

Panini's / Jacket potatoes	
01	Assorted Sandwiches / Wraps
02	Cheese Panini (Optional Daily)
03	Chicken Panini (2 Times a Week)
04	Halal Chicken Panini (2 Times a Week)
05	Ham & Cheese Panini (Optional Daily)
06	Jacket Potato Assorted fillings
07	Non Meat Panini (Optional Daily)
08	Tuna Melt Panini (Optional Daily)

 You must select at least 1 light yellow (salmon) product during the 3 week cycle to be compliant to the Food Standards
 You must select 1 Green dish on Friday for your Vegetarian option to be compliant to the Food Standards