

FORM 3

MONDAY ALTERNATIVE DISHES - October 2016

Traditional	
01	Sausage Goulash (New Oct 16)
02	Braised Sausage in Gravy
03	Lamb & Mint Grill (New Apr 16)
04	Beef & Potato Moussaka (New Oct 16)
05	Beef, Spinach & Broccoli Grill (New Apr 16)
06	Chicken Chasseur (New October 2016)
07	Lamb Casserole, Lentils & Herbs
08	Roast Meat Dinner
09	Rustic Chilli Chicken Pasta
10	Chicken Paprikash (New Oct 16)

Halal	
01	Halal Keema Burger (Improved Recipe Oct 16)
02	Halal Chicken Koftas (New April 2016)
03	Halal Sheesh Kebab (Improved Recipe Oct 16)
04	Halal Chicken & Butternut Squash (New Apr 16)
05	Halal Chicken Sheesh Kebab
06	Halal Chilli Chicken Pasta
07	Halal Mumbai Meatballs (New Apr 16)

Vegetarian	
01	Quorn Frankfurter (New October 2016)
02	Mediterranean Quorn Casserole
03	Mexican Mixed Bean Burrito (New Apr 16)
04	Mild Veggie Keema & Peas
05	Quorn & Pepper Fajitas (New Apr 16)
06	Quorn & Vegetable Paella (New Apr 16)
07	Quorn Burger
08	Quorn Meatballs in Curry Sauce
09	Quorn Meatballs in Tomato Sauce
10	Quorn Meatballs with Gravy
11	Quorn Sausage
12	Veg Soya Lasagne
13	Vegetable Soya Bolognaise
14	Veggie Soya Shepherd's Pie (New Apr 16)

Panini / 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)

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 (New Apr 16)
07	Cocoa & Orange Cookie (New Apr 16)
08	Cream Cheese, Crackers & Fruit
09	Date & Cocoa Brownie (New Apr 16)
10	Decorated Buns
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

Desserts (Hot)	
01	Eve's Pudding & Custard
02	Marble Sponge with Custard
03	Orange Drizzle Cake with Custard
04	Apple Cinnamon Date Crumble
05	Chocolate Apple Sponge
06	Chocolate Mandarin Sponge
07	Chocolate Sponge
08	Jam Sponge
09	Lemon & Sultana Sponge
10	Orange & Lemon Sponge
11	Rice Pudding, Peaches & Jam
12	Zucchini Cake
13	Apple Crumble (50% Fruit)
14	Mandarin Sponge (50% Fruit)
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)

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

FORM 3

TUESDAY ALTERNATIVE DISHES - October 2016

Traditional	
01	Chicken Chasseur (New October 2016)
02	Beef Lasagne
03	Meat & Potato Pie
04	Chicken & Vegetable Pie
05	Chilli Con Carne
06	Cornish Pie
07	Pasta Bolognese
08	Minced Beef Goulash (New Oct 16)
09	Roast Meat Dinner
10	Shepherd's Pie

Halal	
01	Halal Chicken & Butternut Squash (New Apr 16)
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	Halal Crofter's Pie
08	Halal Lasagne
09	Halal Spanish Chicken & Rice (New Apr 16)
10	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

Panini / 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)


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 (New Apr 16)
07	Cocoa & Orange Cookie (New Apr 16)
08	Cream Cheese, Crackers & Fruit
09	Date & Cocoa Brownie (New Apr 16)
10	Decorated Buns
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


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)

You must select 1 Blue dish on Tuesday for your Traditional option to be complaint to the Food Standards

You must select 1 Pink dish on Tuesday for your Halal option to be complaint 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 - October 2016**

Traditional	
01	Roast Turkey Dinner
02	Beef & Potato Moussaka (New Oct 2016)
03	Roast Dinner
04	Beef Lasagne
05	Chicken & Roast Veg Cous Cous (New Apr 16)
06	Chicken Chasseur (New Oct 2016)
07	Chilli Con Carne
08	Minced Beef Goulash (New Oct)
09	Spaghetti Bolognaise
10	Chicken Paprikash (New Oct 16)

Halal	
01	Halal Lasagne
02	Halal Chicken Dansak
03	Halal Chicken Garbanzo Curry
04	Halal Chicken & Butternut Squash (New Apr 16)
05	Halal Chicken & Spinach Curry
06	Halal Chicken Biryani
07	Halal Chicken Tikka Masala
08	Halal Chilli Chicken Pasta
09	Halal Meat Dopiaza
10	Halal Meat Rogan Josh

Vegetarian	
01	Quorn Frankfurter (New October 2016)
02	Mediterranean Quorn Casserole
03	Mexican Mixed Bean Burrito (New Apr 16)
04	Mild Veggie Keema & Peas
05	Quorn & Pepper Fajitas (New Apr 16)
06	Quorn & Vegetable Paella (New Apr 16)
07	Quorn Burger
08	Quorn Meatballs in Curry Sauce
09	Quorn Meatballs in Tomato Sauce
10	Quorn Meatballs with Gravy
11	Quorn Sausage
12	Veg Soya Lasagne
13	Vegetable Soya Bolognaise
14	Veggie Soya Shepherd's Pie (New Apr 16)

Panini / 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)

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 (New Apr 16)
07	Cocoa & Orange Cookie (New Apr 16)
08	Cream Cheese, Crackers & Fruit
09	Date & Cocoa Brownie (New Apr 16)
10	Decorated Buns
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

Desserts (Hot)	
01	Eve's Pudding & Custard
02	Marble Sponge with Custard
03	Orange Drizzle Cake with Custard
04	Apple Cinnamon Date Crumble
05	Chocolate Apple Sponge
06	Chocolate Mandarin Sponge
07	Chocolate Sponge
08	Jam Sponge
09	Lemon & Sultana Sponge
10	Orange & Lemon Sponge
11	Rice Pudding, Peaches & Jam
12	Zucchini Cake
13	Apple Crumble (50% Fruit)
14	Mandarin Sponge (50% Fruit)
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)

 You must select 1 Blue dish on Wednesday for your Traditional option to be complaint to the Food Standards

 You must select 1 Pink dish on Wednesday for your Halal option to be complaint to the Food Standards

 You must select 1 Green dish on Wednesday for your Vegetarian option to be complaint 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 & (Improved Recipe Oct 16)
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 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)

Panini / 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)


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 (New Apr 16)
07	Cocoa & Orange Cookie (New Apr 16)
08	Cream Cheese, Crackers & Fruit
09	Date & Cocoa Brownie (New Apr 16)
10	Decorated Buns
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

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)

 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	Tempura Battered Salmon Fillet

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	Tempura Battered Salmon Fillet

Vegetarian	
01	Quorn Frankfurter (New October 2016)
02	Mediterranean Quorn Casserole
03	Mexican Mixed Bean Burrito (New Apr 16)
04	Mild Veggie Keema & Peas
05	Quorn & Pepper Fajitas (New Apr 16)
06	Quorn & Vegetable Paella (New Apr 16)
07	Quorn Burger
08	Quorn Meatballs in Curry Sauce
09	Quorn Meatballs in Tomato Sauce
10	Quorn Meatballs with Gravy
11	Quorn Sausage
12	Veg Soya Lasagne
13	Vegetable Soya Bolognese
14	Veggie Soya Shepherd's Pie (New Apr 16)

Panini / 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)

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 (New Apr 16)
07	Cocoa & Orange Cookie (New Apr 16)
08	Cream Cheese, Crackers & Fruit
09	Date & Cocoa Brownie (New Apr 16)
10	Decorated Buns
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

Desserts (Hot)	
01	Eve's Pudding & Custard
02	Marble Sponge with Custard
03	Orange Drizzle Cake with Custard
04	Apple Cinnamon Date Crumble
05	Chocolate Apple Sponge
06	Chocolate Mandarin Sponge
07	Chocolate Sponge
08	Jam Sponge
09	Lemon & Sultana Sponge
10	Orange & Lemon Sponge
11	Rice Pudding, Peaches & Jam
12	Zucchini Cake
13	Apple Crumble (50% Fruit)
14	Mandarin Sponge (50% Fruit)
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)

You must select at least 1 light yellow (salmon) product during the 3 week cycle to be complaint to the Food Standards

You must select 1 Green dish on Friday for your Vegetarian option to be complaint to the Food Standards