

## WINTERFOLD HOUSE SCHOOL MENU CYCLE 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Crudités	Carrot Batons & Green Peppers	Cucumber & Baby Corn	Carrot Batons & Mange Tout	Cucumber & Sliced Red Pepper	Celery and Baton Carrot
Soup Du Jour	Cream of Leek Soup with Freshly Baked Bread	Tomato Soup with Freshly Baked Bread	Spiced Pumpkin Soup with Freshly Baked Bread	Roasted Root Vegetable Soup with Freshly Baked Bread	Cream of Broccoli Soup & Freshly Baked Bread
Main	Danish Pork Meatballs served in a Rich B.B.Q Tomato Sauce	Savoury Mince with Garlic Bread	Penne Pasta with Chicken, Black Olives and Cherry Tomatoes	Fresh Roast Chicken with Thyme and Lemon Seasoning	Winterfold's Oceanic Catch of the Day
Vegetarian	Vegetarian Meatless Balls in a B.B.Q Tomato Sauce	Oriental Stir Fry with Noodles and Black Bean Sauce	Pan Fried Seasonal Vegetables served with Scented Cous Cous	Spinach, Mushroom and Cream Cheese Lasagne	Vegetable Fajita's served with Tomato and Lime Salsa
Pasta or Jackets	Jacket Potatoes with Creamy Cheese and Bacon Sauce	Fusilli Pasta served with Pepperoni and Cherry Tomatoes	Jacket Potato Longboats with Cheese and Red Onion Filling	Penne Pasta served with Pepperonata Sauce	Jacket Potatoes served with Beef Chilli and Grated Cheese
Potato	Buttered Pasta	Baby Jacket Potatoes	Steamed New Potatoes	Classic Roast Potatoes	Chips
Vegetables	Garden Peas and Sweetcorn	Green Beans and Steamed Carrots	Broccoli Spears and Sweetcorn	Herby Peas and Steamed Carrots	Baked Beans and Mushy Peas
Every Day Salads	Mixed Leaves, Cucumber Slices, Grated Carrot & Sliced Tomato	Mixed Leaves, Cucumber Chunks, Baton Carrots & Tomato Wedge	Mixed Leaves, Cucumber Slices, Grated Carrot & Tomato	Mixed leaves, Cucumber Batons, Grated Carrot & Cherry Tomato	Mixed leaves, Cucumber Chunks, Grated Carrot & Tomato Wedge
Composite	Beetroot and Feta Salad with Garlic and Herb Croutons	American Slaw...White Cabbage,Red Onion,Carrot,Celery	5 Bean and Raddichio Salad with Vinnaigrette Dressing	Creamy Potato and Spring Onion Salad	Fresh Garden Herbs mixed with Rocket and Red Amarynth
Hot Dessert	Choc and Mint Marble Cake	Lemon and Pink Grapefruit Drizzle	Double Chocolate Shortbread with Chocolate Sauce	Apple, Cherry and Elderflower Crumble with Custard	Lemon and Lime Tart
Cold Dessert	Tangy Orange Jelly Pots	Melon Medley with Forest Fruits	Exotic Fruit Salad Pots	Strawberry and Watermelon Jelly Pots	Chocolate Trifle Pots
Cut Fruit	Watermelon	Pineapple	Honey Dew	Cantaloupe	Melon Skewers