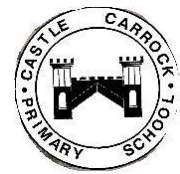


CASTLE CARROCK SCHOOL MENU – 3 WEEK ROTATION AUTUMN 2019



Our dinner pledge: locally sourced produce where possible and freshly cooked right here on the premises

Vegitarian options are available daily if required. Speak to the office to order

Please ask about allergies if you have any concerns.

If you have any suggestions or comments please speak to Ms Stacey.

WEEK 1	WEEK 2	WEEK 3
Monday FISH DAY	Monday FISH DAY	Monday FISH DAY
Fish Breaded white fish fillet served with chips, peas and sweetcorn Raspberry Buns Crispy buns with a jam centre	Fish Bites Salmon bites served with potato wedges and a fresh side salad or beans. Chocolate Crunch Homemade wholemeal chocolate crunch	Fish Fingers Crispy fish fingers served with chips and peas Homemade Oat Biscuit
Tuesday ITALIAN DAY	Tuesday ITALIAN DAY	Tuesday ITALIAN DAY
Tomato or Cheese Pasta Bake Pasta shells in a homemade tomato, onion & herb sauce or cheddar cheese sauce. Served with garlic bread. V Bananas and Chocolate Custard Bananas in natural juice served with homemade chocolate sauce	Pasta Bolognese Beef mince cooked with a tasty tomato sauce served with garlic bread and side salad V (Vegetarian option available) Fruit Sponge and Custard Seasonal homemade fruit sponge topped with a tasty custard	Pizza Baguette Baguette with a cheese and tomato pizza topping and a choice of ham or pepperoni. Served with coleslaw and side salad. V Fruit Crumble & Ice cream Stewed fruit topped with a delicious crumble served with ice cream
Wednesday INTERNATIONAL DAY	Wednesday	Wednesday INTERNATIONAL DAY
Cheese and Potato Pie/Quiche Homemade cheddar cheese and potato pie and ham quiche lorraine served with beans, coleslaw and salad V Flapjacks Delicious sticky, chewy flapjacks	Jacket Potatoes Jacket potato served with a choice of toppings – spaghetti hoops, tuna and cheese V Krispie Fruity Slice Homemade slice made from Rice Krispies & finely chopped dried fruit	Chicken Korma and Rice Diced chicken cooked in a mild creamy curry sauce served with rice, & either poppadum or naan bread Homemade chocolate chip and raisin cookies
Thursday ROAST DINNER DAY	Thursday ROAST DINNER DAY	Thursday ROAST DINNER DAY
Traditional Roast Ham Dinner Roast ham served with roast potatoes, fresh seasonal vegetables, Yorkshire pudding, apple sauce & gravy Fruity Pudding Fruit and jelly served with natural yoghurt	Steak Pie Dinner Homemade steak pie served with roast potatoes, fresh seasonal vegetables and gravy. Fresh Fruit Salad and Ice Cream Seasonal fruit	Traditional Roast Dinner Roast meat – either Ham, Pork or Beef, served with roast potatoes, fresh seasonal vegetables, Yorkshire pudding, apple sauce & gravy Fruity Pudding Fruit and jelly served with natural yoghurt
Friday	Friday	Friday
Sausage Oven baked farmhouse sausage with sauté potatoes and peas (Vegetarian sausage available) V Rice Pudding Creamy rice pudding	Burgers with cheese Beef Burger served in a soft roll with cheese, coleslaw and side salad. (Vegetarian burger available) V Lemon Drizzle Cake Homemade light sponge topped with lemon icing	Wraps – a choice of chicken, salad or cheese wraps! Or a combination of all three – served with side salad. V Sticky Toffee Pudding A moist sponge with dates topped with a light toffee sauce

Available Every Day:

- **Alternative main course of Jacket Potato or choice of cheese, ham or tuna sandwich & puddings of Fresh Fruit Selection and Yoghurt**
- Salad bar of lettuce, tomatoes, cucumber, carrots, peppers, sweetcorn, olives, dressing & seasonal vegetables
- Freshly baked bread
- Water

Packed lunches for days out will comprise filled rolls, crisps, fruity biscuits and fresh fruit. A sausage roll is also supplied for the older children while Key Stage 1 get a Frube.