

Garth School Menu (prepared by Priory School)

29th Jan-2 nd Feb 2018	Monday	Tuesday	Wednesday	Thursday	Friday
	Pasta Bolognese & 1 Veg	Turkey Pie Mash & Veg	Pork Mince in Yorkshire Pudding & Veg	Sausage & Bean Casserole & Crusty Bread	Fish Fingers & Chips & Baked Beans
	Crispy Veg bakes With salad	Cheese & Pickle Baguette with Salad	Tuna & Lettuce Wrap with Salad	Pizza with Salad	Cheese Lattice with Salad
	Iced Fruit Cake or Fruit or Yogurt	Fruity Flapjack & Milk or Fruit or Yogurt	Apple Crumble & Custard or Fruit or Yogurt	Chocolate Sponge & Custard or Fruit or Yogurt	Mince pies & Custard or Fruit or Yogurt
	✓ Quorn Bolognese	✓ Quorn Pie, Mash & Veg	✓ Courgette Crumble & Veg	✓ Quorn Sausage Casserole	✓ Cheese Lattice

5 th Feb – 9 th Feb 2018	Monday	Tuesday	Wednesday	Thursday	Friday
	Jacket Potatoes with Tuna/Cheese/ Baked Beans	Stew & Dumplings	Cottage Pie & Roasted Veg	Chicken & Broccoli Pasta Bake	Battered Fish & Chips with Peas
	Cold Meat with Salad	Egg & Mayo Lettuce Wrap with Salad	Quiche with Salad	Fish Baguette with Salad	Crispy Veg Bake with Salad
	Banana Sponge with Custard or Fruit or Yogurt	Cheesecake or Fruit or Yogurt	Butterscotch Tart or Fruit or Yogurt	Pineapple Upside Down & Custard or Fruit or Yogurt	Heart Shortbread & Milk or Fruit or Yogurt
	✓ Jacket etc	✓ Vegi Stew & Dumplings	✓ Mushroom & Potato Pie	✓ Quorn & Broccoli Pasta Bake	✓ Vegi Quiche

Half Term

19 th Feb – 23 rd Feb 2018	Monday	Tuesday	Wednesday	Thursday	Friday
	Chinese New Year Chicken in Plum Sauce & Rice	Mince Beef Pie & veg & Mash & Gravy	Pork & Apple Casserole , Roast Pots & Veg	Sausage & Mash with Baked Beans	Jacket Potato with Tuna/ Cheese /Spaghetti Hoops
	Crispy Chicken with Chilli dip with Salad	Scotch Egg with Salad	Cheese & Onion Baguette with Salad	Tuna Wrap with Salad	Ham with Salad
	Cherry Pancake with Ice Cream or Fruit or Yogurt	Apple Crumble & Custard or Fruit or Yogurt	Chocolate Crunch & Milk or Fruit or Yogurt	Plum Loaf with Milk or Fruit or Yogurt	Coffee & Mandarin Gateau or Fruit or Yogurt
	✓ Quorn in Sauce & Rice	✓ Quorn Pie, Mash & Veg	✓ Quorn Fillet, Roast Pots, Veg	✓ Vegi Sausage & Mash	✓ Quorn Pie & Peas

Meals are made freshly every day.

Please see Allergens Chart on our website www.spaldingspecialschools.co.uk