

Barlborough Hall School Menu

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or fish option	Chicken Breast served with Sweet and Sour Sauce G/Mu	Roast Gammon served with Gravy	Beef Lasagne / Beef Bolognaise Served with Garlic Slice G/M/So	Big Breakfast served with Oven Baked Sausages , Bacon & Scrambled Eggs G/M/So/Mu	Battered Cod Fillet with Parsley Sauce G/M/Mu
Vegetarian option	Vegetable Spring Rolls served with Sweet and Sour Sauce G	Savory Mixed Vegetable	Fresh Vegetable Lasagne G/M	Vegetarian Breakfast G/W/C/So	Quorn Dippers E/M/G
Vegetables	Mixed Seasonal Vegetables	Sliced Carrots & Broccoli	Sweetcorn	Baked Beans Tomatoes	Garden Peas
Carbohydrate	Steamed Rice	Baby New Potatoes	Pasta G	Hash Browns G	Chips
Sweet choice 1	Cornflake Tart and Custard G/M	Fresh Fruit Salad served with Cream M	Chocolate & Orange Sponge with Chocolate Sauce G/E/M	Fruit Jellies served with cream M	Homemade Cookie G
Sweet choice 2	Fresh fruit & yoghurts M	Fresh fruit & yoghurts M	Fresh fruit & yoghurts M	Fresh fruit & yoghurts M	Fresh fruit & yoghurts M

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or fish option	Meatballs served with Homemade Tomato Sauce G/W	Roast Turkey served with Sage & Onion Stuffing & Gravy G	Chili Con Carne Served with Garlic Slice M/So	Chicken Burger served in a bread roll with Salad G	Cod/Salmon Fish fingers G
Vegetarian option	Quorn Balls served with Homemade Tomato Sauce E/G	Vegetarian Crisp bakes M/G	Fresh Seasonal Vegetable Chilli	Cheese and Onion Quiche G/M/E	Macaroni Cheese M/G/Mu
Vegetables	Sweetcorn	Sliced Carrots and Green Beans	Mixed Vegetables	Garden Peas	Baked Beans
Carbohydrate	Fusilli Pasta G	Oven Baked Potatoes	Steamed Rice	Oven Baked Potato Wedges	Creamed Potatoes M
Sweet choice 1	Homemade Iced Shortbread with Custard G/ M/E	Homemade Flapjack G/M	Decorated Cupcakes M/E/G	Fresh Fruit Salad served with Cream M	Chocolate Mousse M
Sweet choice 2	Fresh fruit & yoghurts M	Fresh fruit & yoghurts M	Fresh fruit & yoghurts M	Fresh fruit & yoghurts M	Fresh fruit & yoghurts M

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or fish option	Ham Carbonara /Chicken Italiano served with Fusilli Pasta G/M	Roast Loin of Pork served with sage & Onion Stuffing & Gravy G	Mozzarella & Tomato Pizza /Mixed Vegetable Pizza G/M	Chicken and Vegetable Casserole with Yorkshire Pudding G/M/E	Lincolnshire Fish cakes M/Mu/G
Vegetarian option	Tomato & Basil Sauce Served with Fusilli Pasta G	Cauliflower and Broccoli Bake M/ G	Mozzarella and Tomato Pizza G/M	Fresh Vegetable Hot pot	Cheese and Onion Lattice G/M
Vegetables	Sweetcorn	Sliced Carrots & Broccoli	Baked Beans	Seasonal Mixed Vegetables	Garden Peas /Mushy Peas
Carbohydrate	Pasta Garlic Slice M/So/G	Creamy Mashed Potatoes M	Oven Baked Waffles	Baby New Potatoes	Potato Wedges
Sweet choice 1	Banana Cake and Custard G/M	Chocolate Chip Cookies G/M	Fresh Fruit Salad served with Cream M	Ice cream and Peaches M	Homemade Rice Pudding with Mixed Fruit Jam M
Sweet choice2	Fresh fruit & yoghurts M	Fresh fruit & yoghurts M	Fresh fruit & yoghurts M	Fresh fruit & yoghurts M	Fresh fruit & yoghurts M