

Copnor Primary Hot Dinner Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One	Date Week Commencing	02/11, 23/11, 14/12, 04/01, 25/01, 22/02, 14/03				
	Choice 1	Pork Sausage & Tomato Pasta Bake	Cottage Pie	Roast Chicken Breast & Gravy with Roast Potatoes	Minced Lamb Curry served with Rice	Fish Fingers served with Chips
	Choice 2	Vegetable Sausage & Mashed Potato	Macaroni Cheese	Shepherdess Pie	Margherita Pizza	Vegetable Tikka Masala served with Rice
	Choice 3	Jacket Potato Chicken Mayonnaise	Tuna Mayonnaise & Salad Wrap	Jacket Potato & Cheese	Jacket potato with Salmon & Cucumber Mayonnaise	Jacket Potato served with Coleslaw
	On the side	Peas Sweetcorn	Broccoli & Cauliflower	Carrots & Honey Roasted Parsnips	Sweetcorn Winter 'Slaw	Peas Baked Beans
	Something Sweet	Pear & Berry Pie & Custard	Chocolate Shortbread	Jelly & Mandarins	Parsnip and Marmalade Cake & Custard	Toffee Frozen Yoghurt
Week Two	Date Week Commencing	09/11, 30/11, 11/01, 01/02, 29/02, 21/03				
	Choice 1	Roast Turkey and Gravy with Roast Potatoes	Beef Hotpot	Roast Gammon & Gravy served with Roast Potatoes	Salmon & Broccoli Puff With Potato wedges	Battered Fish served with Chips
	Choice 2	Cream Cheese, Leek and Bean Risotto	Cheese & Tomato Quiche with New Potatoes	Quorn Vegetarian Sausage Roast Potatoes	Margherita Pizza	Homemade Vegetable Burgers served with Chips
	Choice 3	Jacket Potato Tuna Mayonnaise	Cream Cheese & Cucumber Baguette	Jacket Potato served with Coleslaw	Egg Mayonnaise & Cress Sandwich	Jacket Potato & Cheese
	On the side	Green Beans Carrots	Peas Sweetcorn	Broccoli Cabbage	Sweetcorn Cauliflower	Peas Baked Beans
	Something Sweet	Oat Cookie and Apple Wedges	Peach Sponge & Custard	Jelly & Mandarins	Orange & Muffin Cake	Chocolate & Coconut Slice
Week Three	Date Week Commencing	16/11, 7/12, 18/01, 08/02, 07/03				
	Choice 1	Roast Chicken Breast & Gravy Served with Roast Potatoes	Beef Pasta Bolognese	Roast Pork & Gravy, served with Roast Potatoes	Chicken & Vegetable Chow Mein	Fish Fingers served with Chips
	Choice 2	Mixed Bean Scone Roulade	Neapolitan Pasta	Vegetable and Butterbean Gratin	Margherita Pizza	Vegetarian Sausage Pasta Bake
	Choice 3	Jacket Potato and Cheese	Egg Mayonnaise & Tomato Wrap	Jacket Potato & BBQ Baked Beans	Tuna & Sweetcorn Roll	Jacket Potato Chicken Mayonnaise
	On the Side	Broccoli Carrots	Cauliflower Green Beans	Roasted Carrots Brussels Sprouts	Sweetcorn Red Cabbage	Peas Baked Beans
	Something Sweet	Toffee Frozen Yoghurt	Apple & Pear Chocolate Pudding Chocolate Custard	Fruit Mousse	Apricot Trifle	Ice Cream Tub

The following are available daily,

Freshly prepared salad bar containing 4-6 choices (minimum of 3 with no dressings). Organic fresh white bread & wholemeal crusty bread. Selection of seasonal fresh fruit and low fat yoghurts. Chilled water
The carbohydrate is incorporated in the whole dish unless otherwise stated.