

Mill Water School Menu – Autumn 2018

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken Fillet	Pasta Bolognese	Roast Beef with Gravy	Beef Steak	Battered Fish & Chips
Vegetarian	Vegetable Stir-fry	Vegetable Chilli with Rice	Homity Pie	Macaroni Cheese	Cheese Omelette
Sides	Baked Potato with Beans or Coleslaw & Diced Potatoes	Country of Mixed Vegetables	Roast Potato, Mashed Potato, Sliced Carrots & Broccoli	Carrots & Broccoli	Selection of Vegetables Chips
Dessert	Apple Crumble & Custard	Fresh Fruit Platter or Yoghurt	Fruit Muffin with Custard or Yoghurt	Fresh Fruit Platter or Yoghurt	Strawberry Jelly or Yoghurt
	Jacket Potato with Beans Cheese or Tuna – Available every day				
Week starting: 29 th Oct / 12 th Nov / 26 th Nov / 10 th Dec					

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken Curry with Rice	Salmon and Broccoli Bake	Roast Pork with Apple Sauce and Gravy	Sausages	Fish Fingers
Vegetarian	Lentil & Sweet Potato Curry	Veggie Pasta Bake	Vegetable Roast	Vegetable Sausage	Quorn Nuggets
Sides	Green Beans & Carrots	Medley of Roasted Vegetables	Roast Potato Mash Potato Sliced Carrots & Broccoli	Sweet Potato Mash Medley of Vegetable & Gravy	Selection of Vegetables Chips
Dessert	Dairy Free Chocolate Cake with Orange Icing	Fresh Fruit Platter or Yoghurt	Chocolate Sponge with Custard	Fresh Fruit Platter or Yogurt	Strawberry Jelly or Yogurt
	Jacket Potato with Beans Cheese or Tuna – Available every day				
Week starting: 5 th Nov / 19 th Nov / 3 rd Dec / 17 th Dec					