

4 WEEK MENU FOR WILTSHIRE SCHOOLS

	WEEK 1					WEEK 2					WEEK 3					WEEK 4					
	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	
MAIN COURSE MEAT	Tuna & Arrabiata Pasta Bake	Minced Beef Chilli	Minted Lamb Pie Topped with Filo Pastry	Roast Chicken Served with Herbed Stuffing	Battered Cod	Meat Balls cooked in Tomato & Basil sauce	Chicken Korma	Chicken & Mushroom Pie	Oven Baked Gamon Steaks topped with Pineapple	Steamed Salmon Served with a Tomato Salsa	Chicken & Pasta Bake	Sausages Served with an Onion Gravy	Traditional Beef Lasagne	Quiche Lorraine	Traditional Fishermans Pie	Chicken Cooked in a Black Bean Sauce	Shepherds Pie Served with Minted Gravy	Arrabiata Chicken	Minced Beef Bolognaise	Steamed Cod Topped with a Mediterranean Sauce	
VEGETARIAN MAIN MEAT	Sweet Chilli Stirfry	Spicy Vegetable Wraps	Cauliflower & Butterbean Bake	Vegetarian Burgers	Cheese & Red Onion Quiche	Broccoli & Pasta Bake Topped with Cheese	Cheese & Potato Bake	Vegetable & mixed Bean Chilli	Mozzarella, Tomato & Basil Stack	Mixed Vegetable Risotto	Roasted Pepper & Red Onion Filo Tart	Mediterranean Vegetable Tortilla Stack	Five Bean Curry	Quorn & Vegetable Bolognaise	Fusilli Pasta Spirals Bound in a Tomato & Basil Sauce	Macaroni Cheese	Mixed Vegetable Lasagne	Cheese & Tomato Tart	Vegetarian Chick Pea Curry	Cheese & Onion Pasty	
STARCHY FOOD	Noodles	Rice	Crusty Bread	Roasted Potatoes	Chips	Rice	Pasta	Savoury Rice	New Potatoes	Rice	Parsley Potatoes	Mashed Potato	Rice with Peas	Boiled Rice	New Potatoes	Egg Noodles	Garlic Bread Slice	Rice with Peas	Steamed Rice	New Potatoes	
STARCHY FOOD	Herbed Bread	Herby Diced Potato	New Potatoes	Boiled potato	New Potatoes	Naan Bread	Herby Bread	New Potatoes	Freshly Baked Baguette	Chips	Garlic Bread Slice	Crusty Bun	Garlic Bread	Naan Bread	Chips	Southern Fried Wedges	Herbed Diced Potato	Herby Bread	Spaghetti	Chips	
Extra Bread	Extra Bread	Extra Bread	Extra Bread	Extra Bread	Extra Bread	Extra Bread	Extra Bread	Extra Bread	Extra Bread	Extra Bread	Extra Bread	Extra Bread	Extra Bread	Extra Bread	Extra Bread	Extra Bread	Extra Bread	Extra Bread	Extra Bread	Extra Bread	Extra Bread
VEGETABLE 1	Cabbage	Broccoli	Carrot & Swede Medley	Carrots	Peas	Broccoli	Green Beans	Mixed Vegetable Medley	Sweetcorn	Peas	Carrots	Cabbage	Broccoli	Cauliflower	Pea & Sweet corn Medley	Green Beans	Carrots	Broccoli	Cauliflower	Peas	
VEGETABLE 2	Baked Beans	Baked Beans	Baked Beans	Steamed Broccoli	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	
Salad	Fresh Salad	Fresh Salad	Fresh Salad	Fresh Salad	Fresh Salad	Fresh Salad	Fresh Salad	Fresh Salad	Fresh Salad	Fresh Salad	Fresh Salad	Fresh Salad	Fresh Salad	Fresh Salad	Fresh Salad	Fresh Salad	Fresh Salad	Fresh Salad	Fresh Salad	Fresh Salad	
HOT DESSERT	Pineapple Upside Down Pudding Served with Custard		Fruit Flapjacks		Fruit & Granola Pot	Autumn fruit cobbler		Wholemeal Bread & Butter Pudding Served With Custard		Fruit & Granola Pot	Peach slice		Apple Crumble & Custard		Fruit & Grenola Pot	Warm Banana Cake		Forest Fruit Crumble & Custard		Fruit & Grenola Pot	
COLD DESSERT : Low fat fruit Freshyo Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt
FRESH FRUIT : Apple, melon, grapes, oranges	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Jelly	Fruit Jelly	Fruit Jelly	Fruit Jelly	Fruit Jelly	Fruit Jelly	Fruit Jelly	Fruit Jelly	Fruit Jelly	Fruit Jelly	Fruit Jelly	Fruit Jelly	Fruit Jelly	Fruit Jelly	Fruit Jelly	Fruit Jelly	Fruit Jelly	Fruit Jelly	Fruit Jelly	Fruit Jelly	Fruit Jelly	Fruit Jelly
FRUIT Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots
Grab & Go Option1: Hot Lite Bites	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings	Jacket Potato with a Selection of Fillings
Grab & Go Option 2 :Hot Lite Bites	Chicken Tikka Panini	Cheese & Bacon Panini	Chilli Beef Burrito	Cheese & Tomato Pizza with mushrooms	Ham & Cheese Flat Bread	Chicken Tikka Flat Bread	Italian Meatball Panini	Ham & Cheese Panini	Chicken Pizza Selection	Jumbo Sausage Rolls	Italian Meatball Panini	Beef Burger in a Bun	Cajun Chicken Panini	Cheese & Sweetcorn Pizza	Ham & Cheese Toasties	Meatball Panini	Quesadilla Spicy Beef Filling	Tuna & Cheese Panini	Pizza Selection	BBQ Chcken Flat Bread	
Grab & Go Option 3 Hot Lite BitesTakeaway	Pasta & Bolognaise Sauce	Chicken korma Served with Rice	Chicken Wraps with Mixed Leaf Salad	Chicken Tikka Served with Rice	Chicken Madras Served with Rice	Chicken Korma Served with Rice and a Naan Bread	Chicken in Black Bean sauce With Egg Noodles	Pork Meat Balls in a Tomato Sauce Served with Pasta	BBQ Chicken Wrap	Chicken Tikka Masala & Rice	Chilli Con Carne Served with Rice	Sweet & Sour Chicken Served with Rice	Chicken Tikka Served with Rice	Chicken Wraps with Mixed Leaf	Chicken Korma Served with Rice	Chicken Tikka Served with Rice	Chicken Korma Served with Rice	Meat Balls in a Tomato & Herb Sauce & Pasta	Cajun Chicken Wrap With Mixed Leaf	Chicken Jalfrezi Served with Rice	

Drinks	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk
Drinks	Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water	Bottled Water
Drinks	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Drinks	Milk Shakes	Milk Shakes	Milk Shakes	Milk Shakes	Milk Shakes	Milk Shakes	Milk Shakes	Milk Shakes	Milk Shakes	Milk Shakes	Milk Shakes	Milk Shakes	Milk Shakes	Milk Shakes	Milk Shakes	Milk Shakes	Milk Shakes	Milk Shakes	Milk Shakes	Milk Shakes	Milk Shakes

	Food or food groups that must be provided
	Food or food groups where the frequency or amount provided is restricted
	Food groups or food groups that are no longer allowed

<p>This is list of beverages approved for school use. Supplier : BARRS</p> <ol style="list-style-type: none"> Brakes Pure Apple Juice Brakes Pure Orange Juice Brakes Juicy orange and pineapple Brakes Juicy Apple Brakes Juicy Raspberry Calyso Sparkling Apple Aid Calyso Sparkling Citrus Aid Calyso Sparkling Berry aid Rapidz fruit Iron Brew Rapidz fruit Lemonade rapidz fruit cola Hydro 8 Still Water 500ml PrioryFalls sparkling water 500ml Fun time Milkshakes 200ml 	<p>Sandwich List</p> <p>Chicken Mayo & Salad</p> <p>Chicken Tikka & Salad</p> <p>Tuna Mayo</p> <p>Tuna & Cucumber</p> <p>Tuna Salad Sandwich</p> <p>Cheese Salad</p> <p>Beef salad sandwich</p> <p>Ham Salad Sandwich</p> <p>Egg Salad Sandwich</p> <p>Pizza</p> <p>Friday Meat Pizza</p> <p>Chicken Breast Pizza</p> <p>week 1 Friday Cheese Pizza with mushrooms</p> <p>week 2 Friday Cheese Pizza with sweetcorn</p>	<p>Rolls</p> <p>Chicken Mayo & Salad</p> <p>Chicken Tikka & Salad</p> <p>Tuna Mayo</p> <p>Tuna & Cucumber</p> <p>Tuna Salad Sandwich</p> <p>Cheese Salad</p> <p>Beef salad</p> <p>Ham Salad</p> <p>Egg Salad</p> <p>Plain cheese</p> <p>Plain Ham</p> <p>Chicken Mayo</p> <p>Chicken Tikka</p>	<p>Baguettes</p> <p>Tuna Salad Baguette</p> <p>Cheese Salad Baguette</p> <p>Beef Salad baguette</p> <p>Chicken Mayo Salad Baguette</p> <p>Chicken Tikka & Salad baguette</p> <p>Jacket Potato</p> <p>Jacket Potato with apple and coleslaw</p> <p>Jacket Potato with reduced fat cheese</p> <p>Jacket Potato with Baked beans</p> <p>Jacket Potato with Tuna & Sweetcorn</p> <p>Wraps</p> <p>Chicken Barbecued & Salad</p> <p>Tuna & Sweet corn Wrap</p> <p>Chicken Mayo & salad</p> <p>Chicken Tikka & salad</p>	<p>Salads bar</p> <ol style="list-style-type: none"> Lettuce Tomato cucumber Apple & Grape Beetroot Coleslaw Celery Grated Carrot Sweetcorn Five Bean Salad Sliced Peppers Vegetable Cous Cous
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