

WCGS SPRING MENU 2020



EDUCATION TRUST						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 Dates To Be Added	Main	Chicken Burger in a Bun	Beef Lasagne	 Roasted BBQ Chicken Dinner With Yorkshire Pudding 	Lamb Pasta Bolognaise	Scampi
	Vegetarian	Veggie Burger	Vegetable Lasagne	Vegetarian Sausages in a Yorkshire Pudding with Gravy	Spaghetti with Tomato & Basil Sauce	Vegetarian Sausages
	Carbs & Veg	Potato Wedges Peas, Sweetcorn	Tossed Salad Garlic Bread	Roast Potatoes, Broccoli, Carrots	Mixed Salad	Chipped Potatoes, Peas, Baked Beans
	Option	• Spicy Fish Wrap	Panini's Ham/Tom or Cheese/Tom	Pasta Pots Chicken or Vegetable 	Ciabatta Pizza's BBQ Chick or Cheese/Tom	
	Dessert	Ind Cheesecakes	Apple & Mixed Fruit Crumble with Custard	Fresh Fruit Platter or Yoghurt	Nut Free Carrot Cake	Chef's Choice of the Day
Week 2 Dates To Be Added	Main	 Chicken Goujons on Ciabatta 	Chicken & Vegetable Casserole & Dumplings	Roast Beef Dinner With Yorkshire Pudding	Chicken Jallof Rice	Cod Bites
	Vegetarian	Vegetarian Sausage Roll	Mac & Cheese	Roasted Vegetable & Polenta Slice Au Gratin	Sweet Chili Stir Fry Vegetables with Noodles	Tomato & Spinach Pin Wheel
	Carbs & Veg	Croquette Potatoes Tossed Salad	Peas/Sweetcorn Mix	Roast Potatoes, Cabbage, Sliced Carrots	Tossed Salad	Chipped Potatoes, Baked Beans, Peas
	Option	Mac & Cheese	Pasta Pots Chicken or Vegetable 	Chicken Skewer Wrap	Ciabatta Pizza's BBQ Chick or Cheese/Tom	
	Dessert	Reduced Sugar Fruit Crumble with Custard	Pancake with Fruit Compote	Fresh Fruit Platter or Yoghurt	Banana Cake With Custard	Chef's Choice of the Day
Week 3 Dates To Be Added	Main	Braised Chicken Sausages with Onion Gravy	Beef Cottage Pie	Roast Chicken Dinner	Minced Beef & Vegetable Pie	Baked Breaded Fillet of Cod
	Vegetarian	Vegetarian Sausages with Onion Gravy	Seasonal Vegetable & Potato Bake	Vegetable Frittata	Mixed Vegetable Pitta Pockets with Lentil & Chickpeas	Roasted Vegetable & Rice Wrap
	Carbs & Veg	Mashed Potatoes, Fresh Broccoli, Baton Carrots	Sliced Carrots, Mixed Vegetables	Roast Potatoes, Baton Carrots & Peas	Mashed Potatoes, Sweetcorn , Whole Green Beans	Chipped Potatoes, Peas, Baked Beans
	Option	Panini's BBQ Chick or Cheese/Tom	• Spicy Chicken Burrito	Pasta Pots Chicken or Vegetable	Mac & Cheese Mac with Ham & Cheese	
	Dessert	Jam Sponge & Custard	Apple & Peach Crumble with Custard	Fresh Fruit Platter or Yoghurt	Lemon Drizzle Cake With Custard	Chef's Choice of the Day

Salad Bar and Fresh Fruit and Yoghurt are available every day. We use locally sourced ingredients when available and in season. All our menus are nutritionally analysed to ensure they meet and in most cases exceed The School Food Standards.

Halal Suitable

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