

Barnet (Beef Halal) - September 2016

RED FONT - DO NOT SERVE THIS FOOD ITEM.
 YELLOW CELL - STATES A REPLACEMENT DISH OR FOOD
 ITEM: SERVE THIS DISH OR ITEM TO THIS PUPIL.

	Monday	Tuesday	Wednesday	Thursday	
Option 1	Sausages With Gravy, Mashed Potato & Yorkshire Pudding	Chicken Korma With Wholegrain Rice	Beef Lasagne	Roast Chicken Breast With Gravy & Roast Potatoes	Tuna Mayonnaise and Salad Wrap With Potato Wedges
Option 2	Quorn Cottage Pie	50/50 Homemade Base Margherita Pizza With Garlic Bread	Jacket Potato With Baked Beans, Cheese & Coleslaw	Quorn Honey & Ginger Stir Fry With Noodles	Macaroni Cheese
Halal Option	Chicken Sausage With Gravy, Mashed Potato & Yorkshire Pudding	Chicken Peppers With Wholegrain Rice	Lamb Bolognese	Lemon & Herb Chicken Drumstick With Gravy & Roast Potatoes	
Vegetables	Green Beans Carrots	Peas Sweetcorn	Carrots Cauliflower	Broccoli Sweetcorn	Peas Baked Beans
Dessert of the Day	Apple Crumble With Custard	Lemon Drizzle Cake	Golden Rice Crispy Cake	Fruit Salad	Sticky Toffee Pudding With Custard

Option 1	Beef Chilli Con Carne With Wholegrain Rice	Homemade Breaded Salmon Fishcakes With Mashed Potato	Garlic and Lemon Chicken Thighs With Roast Potatoes	Homemade Beef Burger in a Bun With Potato Wedges	Chicken & Vegetable Pie In Gravy (puff pastry) With New Potatoes
Option 2	Cheese Flan With New Potatoes	Quorn Spaghetti Pasta Bolognese	Sweet & Sour Vegetables With Noodles	Quorn Burger In a Bun With Tomato Relish & Potato Wedges	Spanish Quorn in a Tomato Sauce (Catalan) With New Potatoes
Halal Option	Keema Alu With Wholegrain Rice		Lemon & Herb Chicken Drumstick With Roast Potatoes		Sweet & Sour Chicken With Wholegrain Rice
Vegetables	Peas Cauliflower	Carrots Baked Beans	Green Beans Corn on the Cob	Carrots Broccoli	Peas Green Cabbage
Dessert of the Day	Fruity sultana Flapjack	Peach Crumble With Custard	Frozen Strawberry Yoghurt	Pear Upside Down Cake With Custard	Fruit Salad

Option 1	Beef Spaghetti Bolognese	Roast Turkey With Gravy & Roast Potatoes	Lamb Rogan Josh With Rice	Fish Fingers & Chips	Jamaican Jerk Chicken, Rice & Peas
Option 2	Jacket Potato With Baked Beans, Cheese & Coleslaw	Roast Vegetables & Roast Potatoes	50/50 Homemade Base Margherita Pizza With Garlic Bread	Vegetable Chow Mein	Quorn Vegetarian Sausage With Gravy & Mashed Potato
Halal Option	Lamb Bolognese	Chicken Peppers With Roast Potatoes	Keema Alu With Rice		Lemon & Herb Chicken Drumstick With Wholegrain Rice
Vegetables	Green Beans Sweetcorn	Carrots Cauliflower	Sweetcorn Broccoli	Carrots Baked Beans	Peas Broccoli
Dessert of the Day	Chocolate Oat Dream Cookie	Mixed Berry Sponge With Custard	Chocolate & Beetroot Brownies With Chocolate Custard	Fruit Salad	Shortbread & Flavoured Milk

Option 1	Sweet & Sour Chicken With Noodles	Shepherd's Pie	Roast Turkey With Gravy & Roast Potatoes	Beef Meatballs in a Bolognese Sauce With Spaghetti	Tuna Wrap With Sweet Potato Salad
Option 2	Quorn Chilli Con Carne With Wholegrain Rice	Macaroni Cheese	Roasted Vegetable Lasagne With Garlic Bread	Falafel Burger With Ketchup, Salad & Chips	Quorn Vegetarian Frankfurter With Tomato Relish & Potato Wedges
Halal Option	Sweet & Sour Chicken With Noodles	Shepherd's Pie	Chicken Dahl With Wholegrain Rice	Lemon & Herb Chicken Drumstick With Chips	
Vegetables	Carrots Broccoli	Green Beans Sweetcorn	Green Cabbage & Leeks Peas	Corn on the Cob Winter Coleslaw	Peas Baked Beans
Dessert of the Day	Peach Sponge With Custard	Banana & Date Muffin	Jelly & Mandarins With Vanilla Ice Cream	Fruit Salad	Iced Bun

NUT ALLERGY PUPIL:
 Please check nut claims on packaging before serving food items to this pupil.
 DO NOT serve any food items to this pupil which claim they 'MAY CONTAIN NUTS'

Please pay particular attention to savoury crackers, yoghurts and bread products.



Feeding Hungry Minds

The following are available daily:
 Freshly prepared salad bar containing 4-6 choices (minimum of 3 with no dressing), Organic fresh white & 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



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