



Healthy Schools

SOLIHULL CATERING SERVICES

Week Commencing: 12th November 2018
3rd December /7th January 2019/ 28th January 2019
25th February 2019/18th March 2019/8th April 2019/29th April

<u>Week 1</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p><u>Main Meal</u></p> 	Pork Loin Slice Or Chicken & Bacon Tagliatelle Free Salad with all main dishes	Spaghetti Bolognese with Garlic Bread Or MSC Fish Cake Free Salad with all main dishes	Roast Meal of the Day Or Cottage Pie made with Organic Minced Beef Free Salad with all main dishes	Stir Fry Chicken & Vegetable Or Pork Meatballs in Gravy Free Salad with all main dishes	Oven Baked Fish with Wedges Or Cheese & Potato Pie Free Salad with all main dishes
<p><u>Vegetarian</u></p> 	Vegetable Spaghetti Bolognese Or Macaroni Cheese	Quorn Caribbean Wrap	Vegetable Bake	Quorn Dippers with Sweet & Sour Sauce	Vegetable Curry with Rice
<p><u>Desserts and Drinks Etc</u></p> 	Dessert of the Day Yoghurt, Water Fruit Juices Smoothies Milk Drinks Cakes and Biscuits, Fresh Fruit Bowl	Dessert of the Day Yoghurt, Water Fruit Juices Smoothies Milk Drinks Cakes and Biscuits, Fresh Fruit Bowl	Dessert of the Day Yoghurt, Water Fruit Juices Smoothies Milk Drinks Cakes and Biscuits, Fresh Fruit Bowl	Dessert of the Day Yoghurt, Water Fruit Juices Smoothies Milk Drinks Cakes and Biscuits, Fresh Fruit Bowl	Dessert of the Day Yoghurt, Water Fruit Juices Smoothies Milk Drinks Cakes and Biscuits, Fresh Fruit Bowl
<p><u>Grab and Go</u></p>  	Pizza Pasta King Jacket Potato & fillings. Sausage Roll Range of Baguettes Sandwiches Wraps Panini's and Salads	Lovejoes Wrap Pasta King Jacket Potato & fillings Steak Slice Range of Baguettes Sandwiches Wraps Panini's and Salads	Pizza Pasta King Jacket Potato & fillings Zinger Burger Range of Baguettes Sandwiches Wraps Panini's and Salads	Pizza Pasta King Jacket Potato & fillings Spicy Fillet Range of Baguettes Sandwiches Wraps Panini's and Salads	Pizza Pasta King Jacket Potato & fillings Cheese & Onion Pasty Range of Baguettes Sandwiches Wraps Panini's and Salads

