



MARKET FIELD SCHOOL – January/February

WEEK 1 – 29th January 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Option (Meat)	Meat free Monday PASTA BAR: Choose from some delicious meat free toppings: Three Cheeses Tomato and Basil Pesto (nut free) Ratatouille	Local Butchers Sausages with optional gravy	Local Butchers Turkey served with a Yorkshire Pudding and Gravy	Mild Chicken Korma	Oven baked crispy fillet of fish with a bubble coating
Green Option (vegetarian)		Linda McCartney Vegetarian Sausages with optional Vegetarian Gravy	Roasted Quorn Fillet topped with Sage and Onion and Cranberry stuffing	Sweet Potato and Vegetable Curry	Roasted Vegetable parcel
Vegetables and side orders	Salad Bar Garlic Bread	Creamy mash potatoes Baked Beans Sweetcorn/Peas	Roast Potatoes Fresh Sliced Carrots Broccoli Florets	Naan Bread Wholegrain and White Rice	Chips Garden Peas Sweetcorn Salad Bar
Blue Option (something different)	Jacket potato with Cheddar Cheese or Tuna Mayonnaise	Ham or Egg Cress Roll Salad Sticks	xx	Jacket Potato with cheese or Baked Beans	Xx
Desserts	Fresh fruit platter Or Muller Corner Yoghurt Or Yeo Valley Organic Yoghurt	Winterberry Jelly and cream Or Muller Corner Yoghurt Or Yeo Valley Organic Yoghurt	Homemade Apple and Pear Crumble with Custard or Muller Corner Yoghurt Or Yeo Valley Organic Yoghurt	Homemade Chocolate Orange Sponge with Chocolate Sauce Or Muller Corner Yoghurt Or Yeo Valley Organic Yoghurt	Ice cream tub Or Muller Corner Yoghurt Or Yeo Valley Organic Yoghurt

A SELECTION OF FRESH BREAD AND FRESH FRUIT WILL BE AVAILABLE DAILY



MARKET FIELD SCHOOL – January/February

WEEK 2 – 5th February 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Option (Meat)	A Hearty Slice of Homemade Pepperoni Pizza	Oven Cooked Chicken Breast served with Chilli Noodles	Local Roast Pork served with Yorkshire pudding and gravy	Homemade Cottage Pie	Oven Baked Youngs Omega 3 Fish Fingers
Green Option (vegetarian)	A Hearty Slice of Homemade Cheese and Tomato Pizza	Minty Garlic Quorn Balls served with Wholegrain and White rice	Roasted Quorn fillet topped with sage and apple stuffing	Homemade Shepherdess Pie	Vegetable Nuggets
Vegetables and side orders	Pasta Sweetcorn Salad Bar	Roasted Vegetables Salad Bar	Roast Potatoes Fresh Carrots Broccoli Florets	Carrots and Swede Garden Peas Sweetcorn	Chips Baked Beans Garden Peas
Blue Option (something different)	Jacket potato with Cheddar Cheese or Tuna Mayonnaise	Jacket Potato with cheese or Baked Beans	xx	Tuna and Sweetcorn Deli Roll with Salad Sticks	Xx
Desserts	Melon Wedges Or Muller Corner Yoghurt Or Yeo Valley Organic Yoghurt	Homemade Cornflake Tart with Custard Or Muller Corner Yoghurt Or Yeo Valley Organic Yoghurt	Fresh Fruit Salad and Ice Cream or Muller Corner Yoghurt Or Yeo Valley Organic Yoghurt	Frozen Yoghurt Pots Or Homemade Rice Pudding or Yeo Valley Organic Yoghurt	Homemade Fairy Cakes or Ice Cream Tubs or Muller Corner Yoghurt Or Yeo Valley Organic Yoghurt

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MARKET FIELD SCHOOL – January/February

WEEK 3 – 15th January 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Option (Meat)	Market Field All Day Breakfast: Bacon Sausage	Homemade Traditional Chicken Pie	Local Butchers Roast Gammon served with Yorkshire pudding and gravy	Homemade Spaghetti Bolognese	Oven Baked Youngs Omega 3 Fish Fingers
Green Option (vegetarian)	Market Field All Day Veggie Breakfast: Quorn Sausage	Homemade Tomato Quiche	Roasted Quorn fillet topped with sage and onion stuffing and a Yorkshire Pudding with Vegetation Gravy	Spaghetti Neopolitaine	Vegetable Nuggets
Vegetables and side orders	Scrambled Egg Hash Browns Baked Beans Baked Tomatoes	Mashed or Parsley New Potatoes Sweetcorn Garden Peas	Roast Potatoes Winter Vegetables	Garlic Bread Salad Bar	Chips Baked Beans Garden Peas
Blue Option (something different)	xx	Jacket Potato with cheese or Tuna Mayo	xx	Jacket Potato with Cheese or Baked Beans	Xx
Desserts	Pancakes with Banana Slices and Maple Syrup Or Muller Corner Yoghurt Or Yeo Valley Organic Yoghurt	Arctic Roll Or Muller Corner Yoghurt Or Yeo Valley Organic Yoghurt	Fresh Fruit Platter or Frozen Yoghurt Pot Or Muller Corner Yoghurt	Ginger Sponge and Vanilla Custard Or Muller Corner Yoghurt or Yeo Valley Organic Yoghurt	Fresh Fruit Salad and Ice Cream or Muller Corner Yoghurt Or Yeo Valley Organic Yoghurt

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MARKET FIELD SCHOOL – January/February

WEEK 4 – 22nd January 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Option (Meat)	A Hearty Slice of Homemade Pepperoni Pizza	Pork Meatballs in a Rich Tomato Sauce	Local Butchers Roast Beef served with Yorkshire pudding and gravy	Homemade Chicken Casserole and Dumplings	Oven baked crispy fillet of fish with a bubble coating
Green Option (vegetarian)	A Hearty Slice of Homemade Cheese and Tomato Pizza	Quorn Balls in a Rich Tomato Sauce	Roasted Quorn fillet topped with sage and onion stuffing and a Yorkshire Pudding with Vegetation Gravy	Mixed Bean Goulash and Dumplings	Cheese Omelette
Vegetables and side orders	Oven baked homemade potato cubes Sweetcorn Salad Bar	Wholegrain and White Rice Salad Bar	Roast Potatoes Sliced Carrots Cabbage	New or Mashed Potatoes Garden Peas Green Beans	Chips Baked Beans Garden Peas Salad Bar
Blue Option (something different)	Jacket Potato with Cheese or Baked Beans	Tuna Mayo Deli Roll	xx	Jacket Potato with Cheese or Coleslaw	Xx
Desserts	Fresh Fruit Platter Or Muller Corner Yoghurt Or Yeo Valley Organic Yoghurt	Homemade Carrot Cake Or Muller Corner Yoghurt Or Yeo Valley Organic Yoghurt	Arctic Roll or Frozen Yoghurt Pot Or Muller Corner Yoghurt	Waffles with warm winter fruit Or Muller Corner Yoghurt or Yeo Valley Organic Yoghurt	Homemade Sultana Flapjack or Ice Cream Tub Or Muller Corner Yoghurt

A SELECTION OF FRESH BREAD AND FRESH FRUIT WILL BE AVAILABLE DAILY