

October 2018 - April 2019

MENU DANCES FOR THURROCK SCHOOLS

Week 1

29th Oct, 19th Nov, 10th Dec, 7th Jan,
28th Jan, 11th Mar, 1st Apr

Week 2

5th Nov, 26th Nov, 17th Dec, 14th Jan,
4th Feb, 25th Feb, 18th Mar

Week 3

12th Nov, 3rd Dec, 3rd Jan, 21st Jan,
11th Feb, 4th Mar, 25th Mar

Additional Daily Foods Available

- Seasonal salad bar
- Wholemeal bread
- Alternative desserts (cheese & crackers, yoghurt or fruit)

PLEASE NOTE THAT THE MENU MAY
CHANGE SUBJECT TO LOCAL NEEDS



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Green Band

Blue Band

Red Band

Monday	Beef Burger in a Bun	Homemade Fish Pie	Quorn Hot Dog (v)	Oven Baked Potato Wedges	Baked Beans	Peas	Ice Cream Tub
Tuesday	Organic Pork Sausages	Lentil & Vegetable Lasagne with Garlic Bread (v)	Jacket Potato with a Choice of Filling (v)	Mashed Potatoes	Green Beans	Cauliflower	Sekwila's Sponge & Custard
Wednesday	Roast Turkey with Stuffing & Yorkshire Pudding	Quorn Fillet (v)	Cauliflower Cheese (v)	Roast Potatoes	Fresh Organic Carrots	Fresh Cabbage	Jam Bun
Thursday	Homemade Cheese & Tomato Pizza	Cous Cous & Roasted Vegetables (v)	Jacket Potato with a Choice of Filling (v)	Curly Fries	Sweetcorn	Broccoli	Banoffee Cake
Friday	Birds Eye Fish Fingers	Spanish Omelette (v)	Tomato & Vegetable Pasta Bake (v)	Chips	Peas	Baked Beans	Apple & Blackberry Crumble
Monday	Spaghetti Bolognese	Salmon Fish Fingers	Vegetable Enchiladas (v)	Curly Fries	Broccoli	Mixed Vegetables	Organic Apple Lolly
Tuesday	BBQ Chicken	Arabiatta Pasta (v)	Jacket Potato with a Choice of Filling (v)	Vegetable Rice	Fresh Cabbage	Sweetcorn	Cocoa Sponge & Sauce
Wednesday	Roast Beef with Yorkshire Pudding	Vegetarian Sausages (v)	Cheese & Onion Pasta (v)	Roast Potatoes	Fresh Organic Carrots	Cauliflower	Rice Pudding
Thursday	Homemade Cheese & Tomato Pizza	Quorn Dippers (v)	Jacket Potato with a Choice of Filling (v)	Oven Baked Potato Wedges	Green Beans	Sweetcorn	Raspberry Muffin
Friday	Harry Ramsden Fish Fillet	Spinach, Sweet Potato & Lentils with Naan Bread (v)	Vegetarian Sausage Roll (v)	Chips	Baked Beans	Peas	Vanilla Sponge & Custard
Monday	BBQ Pulled Pork in a Pitta Bread	Macaroni Cheese (v)	Quorn Plait (v)	Potato Puffs	Baked Beans	Green Beans	Frozen Yoghurt
Tuesday	Chicken Jalfrezi	Sole Bites	Jacket Potato with a Choice of Filling (v)	Savoury Rice	Mixed Vegetables	Broccoli	Marble Sponge & Custard
Wednesday	Roast Gammon with Yorkshire Pudding	Vegetable Fingers (v)	Cheese & Baked Bean Yorky Boat (v)	Roast Potatoes	Fresh Organic Carrots	Fresh Cabbage	Fruit Trifle
Thursday	Homemade Cheese & Tomato Pizza	Vegetable Biryani (v)	Jacket Potato with a Choice of Filling (v)	Potato Smiles	Sweetcorn	Cauliflower	Carrot Cake
Friday	Birds Eye Fish Fingers	Lamb Grill	Quorn Meatballs & Pasta (v)	Chips	Baked Beans	Peas	Sultana Cookie

Week 1

Week 2

Week 3