

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Commencing Mondays 20/11, 11/12, 22/1/18, 12/2, 5/3, 26/3, 16/4, 7/5				
Organic Pork Meatballs with Rustic Gravy and Pasta	(h) Mild and Creamy Chicken Curry with Wholegrain Rice	British Roast Beef, Gravy and Crispy Roast Potatoes Mini Yorkshire Pudding	Cheesy Barbeque Bacon Pasta with Baked Potato Wedges	(msc) Gluten Free Breaded Pollock Fillet with Chipped Potatoes
(v, h) Cheddar Cheese and Potato Pie served with vegetables	(v, h) Farmhouse Omelette with Crispy Diced Potatoes	(v, h) Chinese Style Quorn with Egg Noodles	(v, h) Cheese and Tomato Pizza Margherita with Baked Potato Wedges	(v) Fusilli Pomodoro (Pasta in Rich Tomato Sauce) Malted Wheat Baguette
<b>Everyday</b> Jacket Potato with a daily choice of either: (v) Grated Cheddar Cheese, (v) Baked Beans, (v) Cheese and Beans or Tuna Mayonnaise				
BLT Baguette	(v) Cheddar Cheese Sandwich	Ham Wrap	Roast Beef Sandwich	Tuna and Sweetcorn Baguette
(v, h) Carrot and Orange Cookie Raisins	(v, h) Blueberry Iced Muffin	(v, h) Shortbread	(v) Ice Cream Tub (v) Organic Yoghurt and Raisins	(v, h) Up Beet Chocolate Cake

Every day we offer: seasonal vegetables or salad bar to accompany the main course options, a choice of fresh breads, fresh fruit platters, Yeo Valley organic yoghurts and fruit juice cordial or organic semi skimmed milk. Tomato ketchup is offered with selected dishes.  
**Deli Bags are served with vegetable sticks or a fresh salad pot, a carton of juice or milkshake and the dessert option highlighted in blue.**





(v) Vegetarian Option    (h) Denotes a homemade item  
 (msc) Certified sustainable seafood

Allergies: Please contact your school cook for information regarding the content of dishes and products on our menu.  
 Menu may change to meet customer preferences.  
**W: [www.educaterers.co.uk](http://www.educaterers.co.uk)    T: 01926 412999**  
**E: [contactus@educaterers.co.uk](mailto:contactus@educaterers.co.uk)**



FS 634414



Introducing 

# the NUTRI GANG



**Winter 2017  
Spring 2018 Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Commencing Mondays 6/11, 27/11, 18/12, 8/1/18, 29/1, 12/3, 23/4				
Red Tractor Pork Sausages, Gravy and Creamy Mashed Potatoes	Chicken Fillet in a Soft Bun, Choice of Sauces & Baked Potato Wedges	Roast Pork Joint, Apple Sauce, Gravy and Crispy Roast Potatoes	Homemade Chicken Pie, Gravy & Diced or Creamy Mashed Potatoes	(msc) Battered Pollock Fillet with Gaufrette Potatoes
(v, h) Cheesy Tomato Risotto with Malted Wheat Baguette	(h) Tuna Pasta Bake with Baked Potato Wedges	(v) Vegetarian Sausages with Gravy and Crispy Roast Potatoes	(v) Breadcrumbs Vegetable Fingers with Diced or Creamy Mashed Potatoes	(v, h) Vegetable Burrito Bake with Gaufrette Potatoes
<b>Everyday</b> Jacket Potato with a daily choice of either: (v) Grated Cheddar Cheese, (v) Baked Beans, (v) Cheese and Beans or Tuna Mayonnaise				
(v) Cheddar Cheese Baguette	Ham Sandwich	Chicken Wrap	Pork Sausage Baguette	Tuna Mayonnaise Sandwich
(v) Strawberry Swirl Mousse	(v, h) Chocolate Crunch Biscuit (v) Organic Yoghurt and Raisins	(v, h) Iced Mandarin Sponge	(v) Ice Cream Tub (v, h) Ginger Cookie (v) Raisins	(v, h) Chocolate Flapjack

**Every day we offer:**

seasonal vegetables or salad bar to accompany the main course options, a choice of fresh breads fresh fruit platters, Yeo Valley organic yoghurts and fruit juice cordial or organic semi skimmed milk. Tomato ketchup is offered with selected dishes.

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**Grow your own cress hair**



1. Hollow out an egg shell and paint a funny face onto it - let's get creative.

2. Put some wet kitchen roll in the bottom and put some damp cotton wool on top of that.

3. Evenly spread some cress seeds on top of the cotton wool and press them down gently.

4. Put the egg shell in a warm place that gets some sunlight, like a windowsill.

5. Watch the cress grow! This should happen after about 7 days.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Commencing Mondays 13/11, 4/12, 15/1/18, 5/2, 26/2, 19/3, 30/3				
Organic Beef Grill in a Soft Bun with Crispy Diced Potatoes	Red Tractor Bacon Medallion and Pork Sausage with ½ Jacket Potato	Red Tractor Roast Chicken Joint or Fillet with Gravy and Crispy Roast Potatoes	(h) Spaghetti Bolognese made with Organic Minced Beef, Garlic & Herb Bread	(msc) Battered Fish Fillet with Chipped Potatoes
(h) Salmon Pasta Bake with Crispy Diced Potato Wedges	(v, h) Pasta in Cheese Sauce with Malted Wheat Baguette	(v, h) Very Mild Vegetarian Curry with Wholegrain Rice	(v) Cheese and Tomato Pizza with Baked Potato Wedges	(v, h) Pasta with Broccoli & Sweetcorn, Malted Wheat Baguette
<b>Everyday</b> Jacket Potato with a daily choice of either: (v) Grated Cheddar Cheese, (v) Baked Beans, (v) Cheese and Beans or Tuna Mavonnaise				
Barbeque Chicken Wrap	Ham Sandwich	(v) Cheddar Cheese Sandwich	Pork Sausage Baguette	(v) Cheddar Cheese Wrap
(v, h) Chocolate Cracknell (v) Raisins	(v, h) Iced Strawberry Bun	(v, h) Chocolate Frosted Sponge	(v) Cheese, Crackers and Apple Wedge (v) Organic Yoghurt and (v) Raisins	(v) Ice Cream Tub (v, h) Melting Moment Cookie

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seasonal vegetables or salad bar to accompany the main course options, a choice of fresh breads, fresh fruit platters, Yeo Valley organic yoghurts and fruit juice cordial or organic semi skimmed milk. Tomato ketchup is offered with selected dishes.

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**Follow my simple Cheesy BBQ Bacon Pasta recipe**  
Serves 5 people

- 150g Pasta Shapes
- 5 Back Bacon Rashers
- 50g Finely Chopped Onion
- 100g Grated Cheddar Cheese

- 50g Deseeded & Chopped Peppers
- 100ml Store Cupboard BBQ Sauce
- 30ml Water and 1 tsp. of oil

Grill bacon until crispy.

- Heat oil in a saucepan, add onions and fry gently until soft but not browned.
- Add the diced peppers and continue cooking for a further 5 minutes.
- Dice the bacon and add to the mixture.
- In a separate pan cook the pasta in boiling water. When cooked drain in a colander.
- Add the drained pasta, BBQ Sauce, water and half the cheese to the bacon

mixture. Stir thoroughly to combine all the ingredients until the cheese has started to melt.

- Put in an oven proof dish, sprinkle with the remaining cheese.
- Cook in a preheated oven 180°C/350°F/Gas4 for approximately 15 minutes until cheese is golden and bubbling.
- Serve with a colourful salad using all your favourite veggies and ENJOY!