

Sinclair House School

Winter 2016

Week 1

| Day | Main Course | Vegetarian Main Course | Pudding |
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| Monday | Free Range Pork Sausages with gravy, rustic mash potato and seasonal vegetables | Vegetarian Sausages with gravy, rustic mash potato and seasonal vegetables | Homemade fruit jelly Fresh fruit |
| Tuesday | Mediterranean Spiced Chicken Drumsticks with Cous Cous, Tzatziki and Mediterranean Salad with Tomato, Cucumber and Choice of toppings | Cous Cous, Feta & Roast Veg stuffed pepper, Tzatziki and Mediterranean Salad with Tomato, Cucumber and Choice of toppings | Homemade Fruit Compote & Cookie Organic Fruit Yoghurt Fresh Fruit |
| Wednesday | Homemade Beef Burritos with tomato, beans & cheese served with Brown Basmati and seasonal vegetables | Homemade Vegetable Burritos with tomato, beans & cheese served with Brown Basmati and seasonal vegetables | Fresh Fruit Homemade Fruit Jelly |
| Thursday | Spaghetti with Homemade turkey meatballs with tomato and herb sauce served with seasonal vegetables | Spaghetti with Mediterranean Vegetable, tomato & herb sauce served with Seasonal Vegetables | Seasonal Fruit Crumble Vanilla Custard Fresh Fruit |
| Friday | Battered Pollock fillets with chips, peas & baked beans | Risotto & Vegetable Cakes with chips, peas & baked beans | Homemade Cookies Vanilla Ice Cream Fresh Fruit |

Week 2

| Day | Main Course | Vegetarian Main Course | Pudding |
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| Monday | Turkey Schnitzels with roasted potatoes & seasonal vegetables | Vegetable Schnitzels with roasted potatoes & seasonal vegetables | Lemon Drizzle Cake Organic Fruit Yoghurt Fresh Fruit |
| Tuesday | Lamb Kofte with Cous Cous and Yoghurt Dressing. Mediterranean Salad with Tomato, Cucumber and Choice of toppings | Vegetable Kofte with Cous Cous and Yoghurt Dressing. Mediterranean Salad with Tomato, Cucumber and Choice of toppings | Homemade Fruit Compote & Cookie Organic Fruit Yoghurt Fresh Fruit |
| Wednesday | Handmade Sausage rolls served with baked beans and seasonal vegetables | Handmade Vegetable Puffs served with baked beans and seasonal vegetables | Organic Fruit Yoghurt Fresh Fruit Rice Crispy Cake |
| Thursday | Cornfed chicken drumsticks with homemade BBQ Sauce, Brown Basmati, Corn cobs and Crudites with a Ranch dip | Cajun vegetable fritters with homemade BBQ Sauce, Brown Basmati, Corn cobs and Crudites with a Ranch dip | Open Victoria Sandwich Fresh Fruit |
| Friday | Classic Macaroni & Cheese served with Seasonal Vegetables | Roasted Vegetable Tortilla served with Seasonal Vegetables | Homemade Cookies Vanilla Ice Cream Fresh Fruit |

Week 3

| Day | Main Course | Vegetarian Main Course | Pudding |
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| Monday | Jacket Potatoes with Choice of fillings : Chilli con Carne, Tuna Mayo, Farmhouse Cheddar & Baked Beans served with Grated Carrot, Tomato & Cucumber Salad | Jacket Potatoes with Choice of fillings : Guacamole, Farmhouse Cheddar & Baked Beans served with Grated Carrot, Tomato & Cucumber Salad | Apple & Cinnamon Cake Organic Fruit Yoghurt Fresh Fruit |
| Tuesday | Pasta Arrabbiata with Tomato & Basil, Cheese, & Seasonal Vegetables | Pasta with Tomato, Basil, Olives & Capers with Seasonal Vegetables | Homemade Fruit Compote & Cookie Organic Fruit Yoghurt Fresh Fruit |
| Wednesday | Chicken Tikka Masala, served with Naan Bread, Peas, Sweetcorn & Brown Basmati rice | Homemade Vegetable Curry served with Naan Bread, Peas, Sweetcorn & Brown Basmati rice | Organic Fruit Yoghurt Fresh Fruit Homemade Fruit Flapjacks |
| Thursday | Grass-Fed Beef Burgers in Brown Buns with Ketchup, Roast Potatoes & Crudite Salad & Homemade Hummus Dip | Quorn Burgers in Brown Buns with Ketchup, Roast Potato wedges & Crudite Salad & Homemade Hummus Dip | Carrot Cake with Frosting Fresh Fruit Organic Yoghurt |
| Friday | MSC approved Fish Fingers, olive oil roast potatoes, baked beans and seasonal vegetables | Risotto & Vegetable Cakes, olive oil roast potatoes, baked beans and seasonal vegetables | Homemade Cookies Vanilla Ice Cream Fresh Fruit |