

# Sinclair House School

## Winter 2016

### Week1

Day	Main Course	Vegetarian Main Course	Pudding
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
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
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