### **IFG**Independent



Windlesham School & Nursery

#### WEEK I

W/C 23.11.2020

	Monday	Tuesday	Wednesday	Thursday	Friday		
Soup	Soup of the day						
Bread (croutons, fresh herbs & toppings)	Farmhouse Loaf	Granary Loaf	Wholemeal Bloomer	Farmhouse Bloomer	Sourdough		
Main course	Pasta Bolognaise	Fish Pie	Slow Cooked Shoulder Of Pork & Gravy	Chicken Korma, Poppadum's, Raita & Chutneys	Hand Battered Haddock Fillet With Tartare Sauce & Ketchup		
<b>Vegetarian main course</b> (jacket & sweet potatoes available everyday)	Mediterranean Frittata	Classic Macaroni Cheese	Vegetable and Tofu Stir Fry	Grilled Halloumi Skewers With Tomato Salsa	Southern Fried Bean Burger With Herby Mayo & Tomato		
Sides	<ul> <li>Garlic Bread</li> <li>Broccoli</li> <li>Parmesan Shavings</li> </ul>	<ul> <li>Cabbage</li> <li>Minted new pot</li> </ul>	<ul> <li>Carrots</li> <li>Green Beans</li> <li>Roast Potatoes</li> </ul>	<ul><li>Rice</li><li>Cauliflower</li><li>Naan Bread</li></ul>	<ul> <li>Peas</li> <li>Baked Beans</li> <li>Chunky Chips</li> </ul>		
Dessert	Rice Pudding With Fruit Compote	Banoffee Pot	Warm Beetroot Chocolate Brownie With Cream	Lemon yoghurt Cheesecake	Raspberry ripple sponge		
Big bowl salad	Five Bean Salad	Caesar Salad	Roast Butternut Squash & Quinoa Salad	Niçoise Salad	Soy & Ginger Noodles		
<b>Everyday salads</b> (daily dressings, toppings & sauces)	Tomato, Cucumber, Peppers, Grated Carrot, Boiled Eggs, Mixed Leaves, Sweetcorn, Tuna Mayonnaise & Grated Cheese						
<b>fruit bar</b> (daily pear, apple, banana)	Daily Selection of Blueberries, Plums, Mixed Grapes , Blackberries , Fruit Salad						
Yoghurt Bar (natural yoghurt, honey, oat granola)	Daily Selection of Strawberry, Peach , Raspberry, Vanilla , Banana						
Nibble pot (on the tables)	Cubes Of Cheese	Carrot Sticks	Red Peppers	Cucumber Sticks	Apple Slices		

# **IFG**Independent



Windlesham School & Nursery

#### WEEK 2

W/C 30.11.2020

	Monday	Tuesday	Wednesday	Thursday	Friday		
Soup	Soup of the day						
<b>Bread</b> (croutons, fresh herbs & toppings)	Farmhouse Loaf	Granary Loaf	Wholemeal Bloomer	Farmhouse Bloomer	Sourdough		
Main course	Pork and Leek Sausages with onion gravy	Tex Mex Tuesday Mild lamb chilli, guacamole, sour cream and fresh tomato salsa	Roast Chicken with gravy, Yorkshire pudding and stuffing	Loaded thin-crust pizzas (Margarita or Hawaiian)	Hand Battered Haddock Fillet With Tartare Sauce & Ketchup		
<b>Vegetarian main course</b> (jacket & sweet potatoes available everyday)	Quorn sausages with onion gravy	Tex Mex Tuesday Quorn chilli, guacamole, sour cream and fresh tomato salsa	Winter Vegetable Casserole	Mushroom Stroganoff and rice	Chickpea and lentil tagine with fresh cous cous		
Sides	<ul><li>Carrots</li><li>Broccoli</li><li>Mash</li></ul>	<ul> <li>Brown rice</li> <li>Grated cheese</li> <li>Corn on the Cob</li> </ul>	<ul> <li>Roast Root</li> <li>Vegetables</li> <li>Roast Potatoes</li> </ul>	<ul> <li>Broccoli</li> <li>Peas</li> <li>Garlic bread</li> </ul>	<ul> <li>Peas</li> <li>Baked beans</li> <li>Jacket wedges</li> <li>Cous cous</li> </ul>		
Dessert	Oat and raisin flapjack pot	Treacle Sponge and custard	Chocolate & yoghurt mousse	Steamed Sponge and Rhubarb Compote	Blackberry fool		
Big bowl salad	Wild rice salad	Sweet chilli noodle salad	Roasted Pepper Cous cous	Potato & spring onion salad	Basil pesto fusilli pasta		
<b>Everyday salads</b> (daily dressings, toppings & sauces)	Tomato, Cucumber, Peppers, Grated Carrot, Boiled Eggs, Mixed Leaves, Sweetcorn, Tuna Mayonnaise & Grated Cheese						
<b>fruit bar</b> (daily pear, apple, banana)	Daily Selection of Mixed grapes, Raspberries, Fruit salad , Blackberries, Plums						
Yoghurt Bar (natural yoghurt, honey, oat granola)	Daily Selection of Vanilla ,Raspberry , Banana, Peach , Strawberry						
Nibble pot (on the tables)	Cucumber	Cheese cubes	Carrot sticks	Bread sticks	Yellow peppers		

# **IFG**Independent



Windlesham School & Nursery

**WEEK 3** W/C 07.12.2020

		· · · · · · · · · · · · · · · · · · ·						
		Monday	Tuesday	Wednesday	Thursday	Friday		
	Soup	Soup of the day						
	Bread (croutons, fresh herbs & toppings)	Farmhouse Loaf	Granary Loaf	Wholemeal Bloomer	Farmhouse Bloomer			
	Main course	Chargrilled turkey escalope	Sweet and sour chicken with pineapple and egg fried rice	Honey glazed gammon, Yorkshire pudding, gravy	CHRISTMAS LUNCH Roast Turkey			
	<b>Vegetarian main course</b> (jacket & sweet potatoes available everyday)	Falafels with ratatouille	Broccoli & cheese tart	Butternut Squash Risotto	Pumpkin and Goat Cheese Tart	End of Term		
	Sides	<ul> <li>Green beans</li> <li>Ratatouille</li> <li>New potatoes</li> </ul>	<ul> <li>Sweetcorn</li> <li>Broccoli</li> </ul>	<ul> <li>Carrots</li> <li>Cabbage</li> <li>Roasted new potatoes</li> </ul>	Roast Potatoes Pigs in Blankets Roast Root Veg Brussel Sprouts			
	Dessert	Mango mousse	Carrot cake	Sticky toffee pudding with toffee sauce	Chocolate Christmas Pudding			
	Big bowl salad	Beetroot and lentil salad	Herby potato salad	Autumn Tabbouleh	Chargrilled vegetable salad			
	<b>Everyday salads</b> (daily dressings, toppings & sauces)	Tomato, Cucumber, Peppers, Grated Carrot, Boiled Eggs, Mixed Leaves, Sweetcorn, Tuna Mayonnaise & Grated Cheese						
	<b>fruit bar</b> (daily pear, apple, banana)	Daily Selection of Blueberries, Fruit salad, Blackberries, Plums , Mixed grapes						
4	Yoghurt Bar (natural yoghurt, honey, oat granola)	Daily Selection of Strawberry, Vanilla , Banana, Peach , Raspberry						
	Nibble pot (on the tables)	Apple slices	Cheese cubes	Carrot sticks	Cucumber sticks	Rainbow peppers		