

# Ethos College Menus: Autumn / Winter - September - March

Week 1

<b>MONDAY</b>	<b>Quorn Dippers</b> <i>served with Herby Diced Potatoes and Peas &amp; Sweetcorn</i>	<b>Mixed Bean Spaghetti Bolognaise</b>	<b>Tuna Melt Panini</b>	<b>Jacket Potato</b> <i>served with Cheese</i> or <b>Tuna Mayonnaise</b>	<b>Ham Salad</b>	<b>Syrup Sponge</b> <i>served with Creamy Custard</i> <b>Homemade Flapjack</b> <b>Fresh Fruit Platter</b>
<b>TUESDAY</b>	<b>BBQ Hunters Chicken</b> <i>served with Homemade Jacket Wedges and Seasonal Vegetables</i>	<b>Macaroni Cheese</b> <i>served with Homemade Tomato Bread</i>	<b>Jacket Potato</b> <i>served with Baked Beans and Cheese</i>	<b>Tuna Baguette</b> or <b>Egg Mayonnaise Baguette</b>	<b>Cheese Salad</b>	<b>Fruit in Jelly</b> <b>Shortbread Biscuit</b> <b>Fresh Fruit Salad</b>
<b>WEDNESDAY</b>	<b>Oven Baked Sausage</b> <i>served with Oven Roast &amp; Creamed Potatoes and Seasonal Vegetables</i>	<b>Oven Baked Quorn Sausage</b> <i>served with Oven Roast &amp; Creamed Potatoes and Seasonal Vegetables</i>	<b>Jacket Potato</b> <i>served with Cheese</i>	<b>Sausage Sandwich</b> or <b>Cheese and Garlic Panini</b>	<b>Tuna Mayonnaise Salad</b>	<b>Creamy Rice Pudding</b> <b>Fruit Muffin</b> <b>Chunky Fruit Pots</b>
<b>THURSDAY</b>	<b>Chicken Tikka Masala</b> <i>served with Wholegrain Rice and Naan Bread</i>	<b>Pasta with a Homemade Creamy Tomato Sauce</b> <i>served with Garlic Bread</i>	<b>Jacket Potato</b> <i>served with Tuna and Sweetcorn</i>	<b>Pizza Panini</b> or <b>Tuna Sandwich</b>	<b>Egg Mayonnaise Salad</b>	<b>Victoria Sponge</b> <i>served with Creamy Custard</i> <b>Mixed Fruit Yoghurt</b> <b>Fresh Fruit Salad</b>
<b>FRIDAY</b>	<b>Oven Baked Fish Fingers</b> or <b>Salmon Fish Fingers</b> <i>served with Chips and Garden Peas</i>	<b>Quorn Balti Wrap</b> <i>served with Chips</i>	<b>Jacket Potato</b> <i>served with Balti</i>	<b>Fish Finger Sandwich</b>	<b>Ham Mayonnaise Salad</b>	<b>Chocolate Muffin</b> <b>Mixed Fruit Yoghurts</b> <b>Fresh Fruit Platter</b>

Week 2

<b>MONDAY</b>	<b>Savoury Mince</b> <i>served with a Yorkshire Pudding, Creamed Potatoes and Seasonal Vegetables</i>	<b>Cheese and Tomato Calzone</b> <i>served with Homemade Jacket Wedges</i>	<b>Pizza Panini</b> or <b>Tuna Baguette</b>	<b>Jacket Potato</b> <i>served with Baked Beans and Cheese</i>	<b>Cheese Salad</b>	<b>Marble Sponge</b> <i>served with Chocolate Sauce</i> <b>Fresh Fruit</b> <b>Mixed Fruit Yoghurt</b>
<b>TUESDAY</b>	<b>Cowboy Pie with a Cheesy Potato Topping</b> <i>served with Seasonal Vegetables</i>	<b>Vegetable and Chickpea Balti Curry</b> <i>served with Wholegrain Rice</i>	<b>Penne Pasta</b> <i>served with an Arrabiata Sauce and Garlic Bread</i>	<b>Jacket Potato</b> <i>served with Chickpea Balti</i> or <b>Cheese Panini</b>	<b>Tuna Salad</b>	<b>Homemade Steamed Sponge</b> <i>served with Creamy Custard</i> <b>Homemade Flapjack</b> <b>Mixed Fruit Platter</b>
<b>WEDNESDAY</b>	<b>Roast of the Day</b> <i>served with Oven Roast &amp; Creamed Potatoes and Seasonal Vegetables</i>	<b>Quorn Fillet</b> <i>served with Oven Roast &amp; Creamed Potatoes and Seasonal Vegetables</i>	<b>Cheese and Tomato Panini</b> or <b>Hot Roast Sandwich</b>	<b>Jacket Potato</b> <i>served with Tuna Mayonnaise</i>	<b>Egg Salad</b>	<b>Homemade Fruit Crumble</b> <i>served with Creamy Custard</i> <b>Chocolate Loaf</b> <b>Chunky Fruit Pots</b>
<b>THURSDAY</b>	<b>Homemade Sausage Roll</b> <i>served with Herby Diced Potatoes and Baked Beans</i>	<b>Pasta with a Homemade Tomato &amp; Basil Sauce</b> <i>served with Garlic Bread and Side Salad</i>	<b>Cheese Panini</b> or <b>Ham and Cheese Panini</b>	<b>Jacket Potato</b> <i>served with Vegetarian Chilli</i>	<b>Ham Salad</b>	<b>Shortbread Biscuits</b> <b>Fruit in Jelly</b> <b>Fresh Fruit</b>
<b>FRIDAY</b>	<b>Harry Ramsden's Battered Fish</b> <i>served with Chunky Chips and Garden Peas</i>	<b>Cheese and Onion Quiche</b> <i>served with Chunky Chips and Coleslaw</i>	<b>Fish Butty</b> or <b>Pizza Panini</b> <i>served with Chunky Chips</i>	<b>Jacket Potato</b> <i>served with Cheese and Coleslaw</i>	<b>Cheese Salad</b>	<b>Chocolate Slab Cake</b> <b>Decorated Cup Cakes</b> <b>Mixed Fruit Yoghurt</b>

# Ethos College Menus: Spring / Summer - April - July

Week 1

<b>MONDAY</b>	<b>Sweet and Sour Chicken</b> <i>served with Noodles and Vegetables</i>	<b>Homemade Margherita Pizza</b> <i>served with Herby Diced Potatoes</i>	<b>Tuna and Sweetcorn Wrap</b> <i>served with Herby Diced Potatoes</i>	<b>Jacket Potato</b> <i>served with Tuna Mayonnaise</i> or <b>Pizza Panini</b>	<b>Ham Salad</b>	<b>Steamed Chocolate Pudding</b> <i>served with Creamy Custard</i> <b>Homemade Flapjack</b> <b>Fresh Fruit salad</b>
<b>TUESDAY</b>	<b>Beef Chilli Tortilla Wrap</b> <i>served with Homemade Jacket Wedges</i>	<b>Breaded Bubble Salmon</b> <i>served with Homemade Jacket Wedges and Vegetables</i>	<b>Pasta with a Creamy Homemade Tomato Sauce</b>	<b>Jacket Potato</b> <i>served with Beef Chilli</i> or <b>Ham Baguette</b>	<b>Egg Salad</b>	<b>Assorted Homemade Muffins</b> <b>Fresh Fruit Platter</b> <b>Fruit in Jelly</b>
<b>WEDNESDAY</b>	<b>Roast of the Day</b> <i>served with Oven Roast &amp; Creamed Potatoes and Seasonal Vegetables</i>	<b>Roast Quorn Fillet</b> <i>served with Oven Roast &amp; Creamed Potatoes and Seasonal Vegetables</i>	<b>Cheese and Garlic Panini</b> <i>served with Side Salad</i>	<b>Jacket Potato</b> <i>served with Cheese</i> or <b>Hot Roast Sandwich</b>	<b>Tuna Salad</b>	<b>Fruit Crumble</b> <i>served with Creamy Custard</i> <b>Apple Scones</b>
<b>THURSDAY</b>	<b>Balti Chicken Curry</b> <i>served with Wholegrain Rice and Naan Bread</i>	<b>Tuna Pasta Bake</b> <i>served with Garlic Bread</i>	<b>Jacket Potato</b> <i>served with Baked Beans</i>	<b>Balti Chicken Panini</b> or <b>Cheese Sandwich</b>	<b>Cheese Salad</b>	<b>Homemade Carrot Cake</b> <b>Cornflake Bun</b> <b>Fresh Fruit</b>
<b>FRIDAY</b>	<b>Oven Baked Fish Fingers</b> <i>served with Chips and Garden Peas</i>	<b>Bean and Vegetable Bake with a Crispy Cheese Topping</b> <i>served with Chips and Garden Peas</i>	<b>Sausage Style Meatballs Sub in a Tomato Sauce</b> <i>served with Chips</i>	<b>Jacket Potato</b> <i>served with Tuna Mayonnaise</i> or <b>Fish Finger Sandwich</b>	<b>Ham Salad</b>	<b>Chocolate Cake</b> <b>Chocolate shortbread</b> <b>Fresh Fruit Salad</b>

Week 2

<b>MONDAY</b>	<b>Quorn Dippers</b> <i>served with Herby Diced Potatoes, Peas &amp; Sweetcorn</i>	<b>Macaroni Cheese</b> <i>served with Homemade Garlic Bread</i>	<b>Jacket Potato</b> <i>served with Baked Beans and Cheese</i>	<b>Pizza Panini</b> or <b>Cheese and Ham Panini</b>	<b>Ham Salad</b>	<b>Chunky Fruit Muffin</b> <b>Mixed Fruit Yoghurts</b> <b>Fresh Fruit Platter</b>
<b>TUESDAY</b>	<b>Homemade Beef Lasagne</b> <i>served with Garlic Bread</i>	<b>Vegetable and Chickpea Curry</b> <i>served with Wholegrain Rice and Naan Bread</i>	<b>Jacket Potato</b> <i>served with Chickpea Curry</i>	<b>Tuna Baguette</b> or <b>Cheese and Tomato Panini</b>	<b>Egg Salad</b>	<b>Homemade chocolate Shortbread Biscuits</b> <b>Jelly</b> <b>Fresh Fruit Salad</b>
<b>WEDNESDAY</b>	<b>Roast of the Day</b> <i>served with Oven Roast &amp; Creamed Potatoes and Seasonal Vegetables</i>	<b>Cheese and Tomato Pinwheel</b> <i>served with Oven Roast &amp; Creamed Potatoes and Seasonal Vegetables</i>	<b>Penne Pasta with a Homemade Tomato Sauce</b> <i>served with Garlic Bread</i>	<b>Hot Roast Sandwich</b> or <b>Jacket Potato</b> <i>served with Cheese</i>	<b>Tuna Salad</b>	<b>Homemade Assorted Scone</b> <b>A Selection of Reduced Sugar Desserts</b> <b>Fruit Yoghurts</b>
<b>THURSDAY</b>	<b>Oven Baked Sausage</b> <i>served with Homemade Jacket Wedges and Baked Beans</i>	<b>Quorn Meatballs in a Tomato Sauce</b> <i>served with Spaghetti and Garlic Bread</i>	<b>Jacket Potato</b> <i>served with Homemade Coleslaw and Cheese</i>	<b>Pizza Panini</b> or <b>Sausage Sandwich</b>	<b>Ham Salad</b>	<b>Chocolate Victoria Sponge</b> <i>served with Chocolate Sauce</i> <b>Summer Delight</b> <b>Fresh Fruit Platter</b>
<b>FRIDAY</b>	<b>Harry Ramsden's Battered Fish</b> <i>served with Chunky Chips and Garden Peas</i>	<b>Chicken Rogan Josh</b> <i>served with Wholegrain Rice and Naan Bread</i>	<b>Cheese Sandwich</b> <i>served with Chunky Chips and Crudities</i>	<b>Cheese Panini</b> or <b>Fish Sandwich</b>	<b>Jacket Potato</b> <i>served with Chicken Rogan Josh</i>	<b>Decorated Cup Cake</b> <b>Fresh Fruit Salad</b> <b>Mixed Fruit Yoghurts</b>