

## Red Hen Menu from September 2016

| Menu - Week 1 |  |   |   |   |   |
|---------------|--|---|---|---|---|
|               | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
| <b>MAINS</b>  | <b>Beef &amp; Tomato Pasta</b><br>Served with garlic bread                       | <b>Chicken &amp; Potato Hotpot</b><br>Served with peas & sweetcorn                      | <b>2 Pork Sausages</b><br>Served with mashed potato, carrots and gravy  | <b>Rancher's Pie</b><br>Beef, onions, tomatoes, baked beans, herbs topped with mashed potato, served with carrots & peas            | <b>Roast Chicken</b><br>Served with roast potatoes, garden peas and gravy       |
|               | <b>Quorn Mince &amp; Tomato Pasta</b><br>With potato wedges and baked beans      | <b>Quorn Chicken &amp; Potato Hotpot</b><br>Served with peas & sweetcorn                | <b>2 Quorn Sausages</b><br>Served with mashed potato, carrots and gravy | <b>Vegetarian Rancher's Pie</b><br>Beef, onions, tomatoes, baked beans, herbs topped with mashed potato, served with carrots & peas | <b>Chicken Style Quorn</b><br>Served with roast potatoes, garden peas and gravy |
|               | <b>Jacket Potato</b> - Served with Baked Beans, Cheese, Butter & Tuna Mayo       |   |   |   |   |
|               | <b>Sandwich</b> - Ham, Tuna Mayo or Cheese                                       |   |   |   |   |
|               | <b>Fruit Flavoured Yoghurt or Fruit Flavoured Jelly</b>                          | <b>Peach Sponge with custard or Fruit Flavoured Yoghurt</b>                             | <b>Apple compote &amp; Vanilla Ice Cream or Fruit Flavoured Jelly</b>   | <b>Homemade Iced Chocolate Cake or Fruit Salad</b>  | <b>Fruit Flavoured Jelly or Fruit Flavoured Yoghurt</b>                         |
| Menu - Week 2 |  |   |   |   |   |
|               | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
| <b>MAINS</b>  | <b>Spanish Style Minced Pork</b><br>In a homemade tomato sauce served with rice  | <b>Beef Bolognese in tomato &amp; basil sauce</b><br>Served with pasta and garlic bread | <b>Fish Fingers &amp; Mash</b><br>Served with baked beans               | <b>Ham &amp; Spinach &amp; Macaroni Cheese</b><br>Served with peas and sweetcorn  | <b>2 Pork Sausages</b><br>Served with roasted potatoes, carrots and gravy       |
|               | <b>Spanish Style Minced Quorn</b><br>In a homemade tomato sauce served with rice | <b>Quorn Bolognese in tomato and basil sauce</b><br>Served with pasta and garlic bread  | <b>Vegetable Fingers &amp; Mash</b><br>Served with baked beans          | <b>Spinach &amp; Macaroni Cheese</b><br>Served with peas and sweetcorn  | <b>2 Quorn Sausages</b><br>Served with roasted potatoes, carrots and gravy      |
|               | <b>Jacket Potato</b> - Served with Baked Beans, Cheese, Butter & Tuna Mayo       |   |   |   |   |
|               | <b>Sandwich</b> - Ham, Tuna Mayo or Cheese                                       |   |   |   |   |
|               | <b>Fruit Flavoured Jelly or Fruit Salad</b>                                      | <b>Carrot Cake with Zingy Orange Icing or Fruit Flavoured Yoghurt</b>                   | <b>Pear &amp; apple crumble with custard or Fruit Salad</b>             | <b>Homemade Chocolate Mousse or Fruit Flavoured Jelly</b>   | <b>Homemade Apple Cake with Custard or Fruit Flavoured Yoghurt</b>              |
| Menu - Week 3 |  |   |   |   |   |
|               | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
| <b>MAINS</b>  | <b>Tomato &amp; Ham Pasta Bake</b><br>Served with garden peas & carrots          | <b>2 Pork Sausages</b><br>Served with roast potatoes, mixed vegetables and gravy        | <b>Chicken Curry</b><br>Served with rice                                | <b>Roast Gammon</b><br>Served with mashed potatoes, garden peas and gravy   | <b>Fish Cake &amp; Potato Wedges</b><br>Served with baked beans                 |
|               | <b>Tomato Pasta Bake</b><br>Served with garden peas & carrots                    | <b>2 Quorn Sausages</b><br>Served with roast potatoes, mixed vegetables and gravy       | <b>Potato &amp; Lentil Curry</b><br>Served with rice                    | <b>Chicken Style Quorn Pieces</b><br>Served with mashed potatoes, garden peas and gravy   | <b>Veg Fingers &amp; Potato Wedges</b><br>Served with baked beans               |
|               | <b>Jacket Potato</b> - Served with Baked Beans, Cheese, Butter & Tuna Mayo       |   |   |   |   |
|               | <b>Sandwich</b> - Ham, Tuna Mayo or Cheese                                       |   |   |   |   |
|               | <b>Vanilla Ice Cream or Fruit Flavoured Jelly</b>                                | <b>Lemon Drizzle Cake or Fruit Flavoured Yoghurt</b>                                    | <b>Cinnamon bread pudding with custard or Fruit Salad</b>               | <b>Fruit Flavoured Jelly or Fruit Salad</b>   | <b>Homemade Apple Crumble with Custard or Fruit Flavoured Yoghurt</b>           |

- Dessert Mousses are homemade using fresh milk
- Red Hen endeavour to source all ingredients from local suppliers and all meals are cooked fresh at their St John's premises
- All Tomato sauces are made using a minimum of 5 different fresh vegetables (additional fresh or frozen vegetables may also be added)
- All cakes are freshly homemade, using minimal sugar
- Those children having Red Hen sandwiches will be given a piece of fruit and the dessert option from that day
- A bread basket will be offered daily containing sliced baguette
- A selection of salad consisting on batted cucumber and carrot and cherry tomatoes