

Arnold School



WEEK 1 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Homemade Spaghetti Bolognaise <i>Italian style beef, tomato and garlic bolognese sauce served with spaghetti</i></p>	<p>Homemade Beef & Vegetable Pie <i>Tender beef fillet pieces in a meaty sauce accompanied by a selection of seasonal vegetables in pastry case</i></p>	<p>Roasted Chicken Leg, Stuffing and Gravy <i>A succulent slow roasted glazed chicken leg served with stuffing balls</i></p>	<p>Homemade Sausage Casserole <i>Prime sausages pot roasted with onions and seasonal vegetables, accompanied with a rich sauce</i></p>	<p>Crispy Haddock Fillet in Breadcrumbs <i>Crispy Breaded fish fillets garnished with lemon wedges & parsley</i></p>
<p>Stir Fry Vegetables with Noodles (V) <i>Fresh vegetables stir fried and bound with a black bean sauce with noodles added at the last moment</i></p>	<p>Homemade Vegetable Korma (V) <i>A selection of vegetables in a creamy Korma sauce, accompanied with steamed rice & Indian style bread</i></p>	<p>Homemade Cheese & Tomato Pizza <i>Deep pizza topped with cheese & tomato</i></p>	<p>Cheese and Tomato Quiche (V) <i>Light pastry filled with a savoury egg, cheese and tomato filling</i></p>	<p>Quorn Burger in a Bun with Tomato Relish (V) <i>A succulent Quorn burger in a bun with the addition of cheese on request</i></p>
<p>HOT CHICKEN & STUFFING BAGUETTE</p>	<p>Chilli Lasagne</p>	<p>Hoi sin pork & vegetable stir fry</p>	<p>Chicken & Mushroom Pie</p>	<p>Pizza</p>
<p>Oven Baked Jacket Potato <i>with a choice of toppings: cheese, tuna, beans</i></p>	<p>Oven Baked Jacket Potato <i>with a choice of toppings: cheese, tuna, beans</i></p>	<p>Oven Baked Jacket Potato <i>with a choice of toppings: cheese, tuna, beans</i></p>	<p>Oven Baked Jacket Potato <i>with a choice of toppings: cheese, tuna, beans</i></p>	<p>Oven Baked Jacket Potato <i>with a choice of toppings: cheese, tuna, beans</i></p>
<p>Potato Wedges Sweetcorn Peas</p>	<p>Creamed Potatoes Vichy Carrots Sauté Cabbage</p>	<p>Roast & Boiled Potatoes Green Beans Cauliflower Mornay</p>	<p>Boulangier Potatoes Broccoli Creamed Swede</p>	<p>Chipped Potatoes Mushy Peas Carrots</p>
<p>Pasta <i>Served with a choice of homemade sauce of the day or grated cheese</i></p>	<p>Pasta <i>Served with a choice of homemade sauce of the day or grated cheese</i></p>	<p>Pasta <i>Served with a choice of homemade sauce of the day or grated cheese</i></p>	<p>Pasta <i>Served with a choice of homemade sauce of the day or grated cheese</i></p>	<p>Pasta <i>Served with a choice of homemade sauce of the day or grated cheese</i></p>
<p>Homemade Rice Pudding</p>	<p>Homemade Apple Pie <i>With custard</i></p>	<p>Homemade Chocolate Sponge <i>With chocolate sauce</i></p>	<p>Homemade Jam Roly Poly With Custard</p>	<p>Homemade Syrup Sponge <i>With custard</i></p>

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Homemade Carrot Cake Choc Chip Cookies Fresh Fruit Yoghurt	Homemade Carrot Cake Shortbread Fresh Fruit Yoghurt	Jam Slice Oaties Fresh Fruit Yoghurt	Iced Fingers Austrian Crunch Fresh Fruit Yoghurt	Rice Crispy Buns Fresh Fruit Yoghurt
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WEEK 2 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Homemade Mexican Beef Chilli Pot <i>A hot spicy minced beef and tomato dish with red kidney beans served with steamed rice</i></p>	<p>Homemade Cottage Pie <i>Lean minced beef and vegetables in a rich gravy topped with creamed potato</i></p>	<p>Premium Quarter Pounder in Bun with Tomato Relish <i>Large lean beefburger in a bun topped with tomato relish</i></p>	<p>Roast Turkey & Cranberry Sauce <i>Prime breast oven roasted turkey accompanied with sage & onion stuffing</i></p>	<p>Crispy Haddock Fillet in Batter <i>Crispy home battered fish fillets garnished with lemon wedges & parsley</i></p>
<p>Rustic Vegetable Hot Pot (V) <i>Tasty chunks of seasonal potatoes & vegetables in a rich sauce topped with sliced potatoes</i></p>	<p>Organic Vegetable Lasagne (V) <i>Roasted vegetables in a herby tomato sauce with pasta topped with cheesy béchamel sauce</i></p>	<p>Broccoli and Cheese Tartlets (V) <i>Homemade tartlets filled with broccoli and cheese</i></p>	<p>Macaroni Cheese (V) <i>Macaroni bound with a creamy two cheese sauce</i></p>	<p>Cheese & Tomato Pizza (V) <i>Homemade deep pizza topped with cheese & tomato</i></p>
SPANISH CHICKEN	LANCASHIRE HOT POT	Fishcakes	Cumberland Pie	Hot Dogs
<p>Oven Baked Jacket Potato <i>with a choice of toppings: cheese, tuna, beans</i></p>	<p>Oven Baked Jacket Potato <i>with a choice of toppings: cheese, tuna, beans</i></p>	<p>Oven Baked Jacket Potato <i>with a choice of toppings: cheese, tuna, beans</i></p>	<p>Oven Baked Jacket Potato <i>with a choice of toppings: cheese, tuna, beans</i></p>	<p>Oven Baked Jacket Potato <i>with a choice of toppings: cheese, tuna, beans</i></p>
<p>New Boiled Potatoes Broccoli Baton Carrots</p>	<p>Creamed Potatoes Sweetcorn Garden Peas</p>	<p>Potato Wedges Beans Vegetable Medley</p>	<p>Creamed and Roast Potatoes Cabbage Carrots</p>	<p>Chipped Potatoes Mushy Peas Baked beans</p>
<p>Pasta <i>Served with a choice of homemade sauce of the day or grated cheese</i></p>	<p>Pasta <i>Served with a choice of homemade sauce of the day or grated cheese</i></p>	<p>Pasta <i>Served with a choice of homemade sauce of the day or grated cheese</i></p>	<p>Pasta <i>Served with a choice of homemade sauce of the day or grated cheese</i></p>	<p>Pasta <i>Served with a choice of homemade sauce of the day or grated cheese</i></p>
<p>Homemade Lemon Sponge <i>With custard</i></p>	<p>Homemade Oaty Apple Crumble <i>With custard</i></p>	<p>Homemade Jam Slice <i>With custard</i></p>	<p>Homemade Chocolate Chip Pudding <i>With vanilla sauce</i></p>	<p>Homemade Bread & Butter Pudding</p>
<p>Chocolate Brownies Flapjack Fresh Fruit</p>	<p>Homemade Victoria Sandwich Choc Chip Cookies Fresh Fruit</p>	<p>Homemade Choc Chip Muffin Macarons Fresh Fruit</p>	<p>Homemade Lemon Drizzle Cake Shortbread</p>	<p>Iced Fingers Caramel Shortbread Fresh Fruit</p>



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WEEK 3 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cumberland Sausage & Caramelised Onions <i>Traditional Cumberland sausage grilled until golden brown served on a bed of creamed potatoes with onions</i>	Homemade Lasagne Al Forno <i>Traditional lasagne made with minced beef, garlic, tomatoes, herbs and pasta topped with béchamel sauce and cheese</i>	Baked Gammon & Pineapple <i>Prime gammon slowly baked and served with pineapple rings and a rich sauce</i>	Homemade Beef Madras <i>Tender pieces of beef cooked in herbs and spices and finished off in a traditional sauce, served with saffron rice.</i>	Crispy Haddock Fillet in Breadcrumbs <i>Crispy Breaded fish fillets garnished with lemon wedges & parsley</i>
Homemade Quorn & Vegetable Enchiladas <i>Quorn and vegetables bound with a Mexican style sauce wrapped and covered with melted cheese</i>	Cheese & Tomato Pizza (V) <i>Homemade deep pizza topped with cheese & tomato</i>	Tuna & Broccoli Pasta Bake <i>Tuna, broccoli and pasta bound together with cream, topped with cheese</i>	Cheese and Red Onion Quiche (V) <i>Light pastry filled with a savoury egg, cheese and onion filling</i>	Vegetable Fajitas <i>Seasonal vegetables sautéed in Fajitas seasoning served in a wrap with homemade sour cream and salsa dip</i>
CHEESE & HAM MELTS	TERYAKI CHICKEN & Rice	Savoury mince with dumplings	Cherry Tomato & Pepperoni Pasta Bake	Sausage & bean Slice
Oven Baked Jacket Potato <i>with a choice of toppings: cheese, tuna, beans</i>	Oven Baked Jacket Potato <i>with a choice of toppings: cheese, tuna, beans</i>	Oven Baked Jacket Potato <i>with a choice of toppings: cheese, tuna, beans</i>	Oven Baked Jacket Potato <i>with a choice of toppings: cheese, tuna, beans</i>	Oven Baked Jacket Potato <i>with a choice of toppings: cheese, tuna, beans</i>
Sauté Potatoes Beans Peas	Baked Potatoes Sweetcorn Broccoli	Creamed& Roast Potatoes Sautéed Savoy Cabbage Vichy Carrots	Minted Baby Boiled Potatoes Cauliflower Mornay Green Beans	Chipped Potatoes Mushy Peas Baked beans
Pasta <i>Served with a choice of homemade sauce of the day or grated cheese</i>	Pasta <i>Served with a choice of homemade sauce of the day or grated cheese</i>	Pasta <i>Served with a choice of homemade sauce of the day or grated cheese</i>	Pasta <i>Served with a choice of homemade sauce of the day or grated cheese</i>	Pasta <i>Served with a choice of homemade sauce of the day or grated cheese</i>
Homemade rice Pudding <i>With Jam Sauce</i>	Homemade Ginger Sponge <i>With custard</i>	Homemade Apple Strudel <i>With custard</i>	Homemade Chocolate Pudding <i>With vanilla sauce</i>	Bakewell Tart <i>With custard</i>
Cup Cakes Chocolate Biscuits Fresh Fruit	Jam Slice Carrot Cake Fresh Fruit	Chocolate Fancies Oaties Yoghurt	Devon Splits Shortbread Fresh Fruit	Homemade Millionaire Fresh Iced Fruit Buns Yoghurt

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WEEK 4 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Cantonese Sweet & Sour Chicken with Rice <i>Traditional Cantonese sauce with succulent pieces of chicken and fresh vegetables</i>	Premium Quarter Pounder in Bun with Tomato Relish <i>Large lean beefburger in a bun topped with tomato relish</i>	Roast Beef & Y/Pudding <i>Slowly roasted prime beef served with Yorkshire puddings and horseradish sauce</i>	Pork Meatballs in Italian Sauce <i>Meatballs bound in an Italian sauce served with spaghetti</i>	Crispy Fried Haddock Fillet <i>Crispy home battered fish fillets garnished with lemon wedges</i>
Bean & Vegetable Hot Pot (V) <i>Fresh vegetables and beans bound with a vegetarian sauce and topped with slices of potato</i>	Cheese Leek & Potato Pie (V) <i>Creamed mashed potatoes with leeks and cheese encased in a shortcrust pastry cooked until golden brown</i>	Macaroni Cheese(V) <i>Macaroni bound with a creamy two cheese sauce</i>	Organic Cheddar Cheese and Broccoli Quiche (V) <i>A traditional tasty quiche cooked until fluffy</i>	Quorn Chicken & Mushroom Vol au Vent (V) <i>Succulent pieces of quorn chicken in a creamy mushroom sauce</i>
<i>Beef & Mushroom Pudding</i>	Meat Feast Pasta Bake	SHEPHERDS PIE	CHICKEN PIE	ARNOLD CHICKEN ZINGER
Oven Baked Jacket Potato <i>with a choice of toppings: cheese, tuna, beans</i>	Oven Baked Jacket Potato <i>with a choice of toppings: cheese, tuna, beans</i>	Oven Baked Jacket Potato <i>with a choice of toppings: cheese, tuna, beans</i>	Oven Baked Jacket Potato <i>with a choice of toppings: cheese, tuna, beans</i>	Oven Baked Jacket Potato <i>with a choice of toppings: cheese, tuna, beans</i>
Sauté Potatoes Sweetcorn Broccoli	Chipped & Minted Potatoes Baked Beans Garden Peas	Creamed & Roast Potatoes Savoy Cabbage Baton Carrots	Parsley Potatoes Cauliflower Mornay Green Beans	Chipped & Baked Potatoes Baked Beans Mushy Peas
Pasta <i>Served with a choice of homemade sauce of the day or grated cheese</i>	Pasta <i>Served with a choice of homemade sauce of the day or grated cheese</i>	Pasta <i>Served with a choice of homemade sauce of the day or grated cheese</i>	Pasta <i>Served with a choice of homemade sauce of the day or grated cheese</i>	Pasta <i>Served with a choice of homemade sauce of the day or grated cheese</i>
Homemade Jam Sponge <i>With custard</i>	Homemade Apple Crumble <i>With custard</i>	Homemade Treacle Tart <i>With custard</i>	Homemade Syrup Sponge <i>With custard</i>	Homemade Jam Roll <i>With custard</i>
Mousse Fresh Fruit Yoghurt	Homemade Cookies Fresh Fruit Yoghurt	Homemade Strawberry Cheesecake Fresh Fruit Yoghurt	Homemade Trifle Fresh Fruit Yoghurt	Homemade Millionaire Shortbread Fresh Fruit Yoghurt



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