

Secondary Cooks Notes AUTUMN/WINTER 11/12

WEEK 4 commencing

14th November, 12th December, 23rd January, 20th February (school closed), 19th March

Day	Main Course 1	Notes
Monday*	Sausages & Onion Gravy Salmon Dish of the Day* Potatoes, Veg Selection Fruit Muffin & Custard*	Oven cook beef or pork sausages - gravy may be served separately
Tuesday	Lasagne* & Garlic Bread Mushroom Stroganoff* & Rice Veg Selection Dessert of the Day	
Wednesday	Haggis & Neeps & Tatties Macaroni Cheese* Veg Selection Winter Fruit Salad* & Cream	
Thursday*	Steak Pie* & Croquette Potatoes Sweet & Sour Chicken* Rice Veg Selection Dessert of the Day	May use chicken fillet bites in sweet & sour sauce.
Friday	Fish & Chips Homemade Pizza & Chips (v) Veg Selection Dessert of the Day	

Suggestions for true vegetarians:

Monday
Thursday

Quorn Sausages
Sweet & Sour Vegetables

Fish of the Day Options – Fish Fingers, Fishcakes, Salmon Bake (code 56713), Fish Pie,
Salmon Kebabs, Herby Fish Fillet, Tuna & Red Pepper Risotto, Not Fried Fish

- ***see recipes**
- **(V) vegetarian option (no meat or fish products)**