

# Dining@Hillstone

Here is our menu for winter 2018. We use in season ingredients and produce grown by the children in our allotment. We have in season organic veg available throughout the week.

All the meat we use is red tractor accredited, free range or organic. That means we can trace where our meat comes from and there is a guarantee that the animals are kept in humane conditions. We only use fish that is sustainable and not on the banned list as published by the MSC, (Marine stewardship council). Our eggs are free range. We use fair trade products where we can.

Available every day is fresh drinking water, and free organic milk. We have freshly prepared mixed salad every day and 50/50 bread.

As well as a daily desert we also have fresh fruit segments, low fat yoghurts and cheese triangles



<b>Week One.</b>				
<b>Week commencing 8<sup>th</sup> Jan 29<sup>th</sup> Jan</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Oven baked Fish Fingers <i>Requested by you!</i>	Chicken korma with mini naan bread <i>Requested by you!</i>	Roast lamb Served with rosemary stuffing <i>Herb from our garden</i> <i>In season Lamb</i>	Organic beef Italian meat balls in tomato sauce with whole wheat pasta <i>Recipe sent in by Benjamin Barnett</i>	Tomato and mozzarella pizza <i>Requested by you!</i>
leek and butternut squash lasagna (V) <i>In season veg</i>	Free range gammon steak with parsley sauce or pineapple <i>Herb from our garden</i>	Oven baked veggie sausage with Yorkshire pudding onion and thyme gravy (V) <i>Herb from our garden</i>	Roasted chicken breast with bar be que sauce	BBQ veg skewers with whole meal rice and pitta bread
Jacket potato with cheese or barbeque beans	Vegetable biriyani with mixed bean curry and naan bread (V)	Jacket potato with tuna and sweet corn or baked beans	Veggie meat balls with tomato sauce (V)	Jacket potato with beans and cheese
New potatoes with organic carrots and garden peas  Unlimited seasonal mixed salad	Mashed potato with green beans and roast parsnips  <i>In season veg</i> Unlimited seasonal mixed salad	Roast potatoes with Vichy carrots and broccoli  Unlimited seasonal mixed salad	White and brown rice Mixed vegetables  Unlimited seasonal mixed salad	Chipped potatoes and corn on the cob  Unlimited seasonal mixed salad
Sticky toffee pudding	Banana and cocoa bread with custard <i>Made with fair trade cocoa and fair trade banana</i>	Fruity Wednesdays <i>Wide selection of fruit segments, plain and fruit flavored yoghurts</i>	Chocolate and beetroot sponge <i>In season</i> <i>Made with fair trade cocoa</i>	Apple and blackberry crumble <i>50% fruit</i>

Week two		Week commencing 15 <sup>th</sup> Jan 5 <sup>th</sup> Feb		
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken breast with onion gravy or a homemade spicy tomato sauce <i>Requested by you!</i>	Beef burger and 50 50 bread bun <i>Requested by you!</i>	Roast turkey with Stuffing and rosemary <i>Herb from our garden</i>	Cottage pie <i>Requested by you!</i>	Tomato and mozzarella pizza
Macaroni cheese with Spinach (V) <i>Requested by you!</i>	Spaghetti bolognese <i>Requested by you!</i>	Quorn pieces cheesy pasta bake (V)	Salmon fish cake <i>Super brain food</i>	Spicy bean hot pot (V)
Jacket potato with cheese and coleslaw	Quorn bolognese (V)	Jacket potato with whole meal spaghetti hoops	Roast swede, parsnip and carrot in a cheesy sauce with mash potato (V) <i>In season veg</i>	Jacket potato with beans
Mash potato Organic carrots & cabbage Unlimited seasonal mixed salad	Whole wheat pasta Broccoli and cauliflower florets Unlimited seasonal mixed salad	Dry roasted potatoes Roasted organic parsnip & swede garden peas <i>In season veg</i> Unlimited seasonal mixed	Parsley new potatoes Green beans and carrots <i>In season veg</i> Unlimited seasonal mixed <i>Parsley from our garden</i>	Chipped potatoes Sweet corn Unlimited Seasonal mixed salad
Hummingbird cake With bananas and pineapple	Chocolate & Vanilla short bread <i>Requested by you!</i> <i>Made with fair trade cocoa</i>	Fruity Wednesdays <i>Wide selection of fruit segments, plain and fruit flavored yoghurts</i>	Chocolate concrete <i>Requested by you!</i> <i>Made with fair trade cocoa</i>	Cheese and grapes with crackers <i>50% fruit</i> <i>Requested by you!</i>

<b>Week Three</b>		<b>Week commencing 22<sup>nd</sup> Jan 12<sup>th</sup> Feb</b>		
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Southern style chicken strips <i>Requested by you!</i>	Pasta bar Selection of whole wheat shaped pasta	Free range roast pork with homemade apple sauce and sage and onion stuffing	Chicken pie (creamy chicken with a puff pastry top)	Tomato and mozzarella pizza <i>Requested by you!</i>
Veggie sausages and mash with gravy (V)	Chicken portion with choices of Creamy or tomato sauce	Quorn and vegetable cottage pie (V)	Beef Lasagna	Quorn burger with cheese and sweet tomato salsa (V)
Jacket potato with coleslaw or tuna and sweet corn	Vegetable stir fry with noodles (V)	Jacket potato with veg chili and cheese	Vegetable and chickpea korma (V)	Jacket potato with beans and cheese
Oven roasted wedges Organic broccoli and carrots Unlimited seasonal mixed Salad	Green beans and cauliflower Noodles and pasta  Unlimited seasonal mixed salad	Dry roasted potatoes Cabbage, roasted swede & parsnip <i>In season veg</i> Unlimited seasonal mixed	Mashed potato Carrots and garden peas  Unlimited seasonal mixed salad	Chipped potatoes Corn on the cob <i>In season veg</i> Unlimited seasonal mixed salad
Ginger and syrup sponge	Chocolate cracknel corn flake cake <i>Made with fair trade cocoa</i> <i>Requested by you</i>	Fruity Wednesdays  <i>Wide selection of fruit segments, plain and fruit flavored yoghurts</i>	Orange and vanilla yoghurt cake	Apple pie and custard <i>50% Fruit</i> <i>In season fruit</i>