



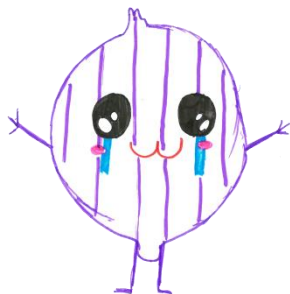
Dining@Hillstone

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.

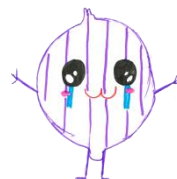
Available every day is fresh drinking water, and free organic milk. We have freshly prepared mixed salad every day and 50/50 bread.

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



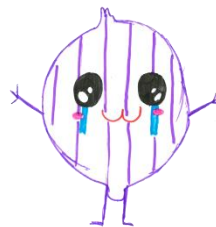
Week One. Week commencing 16th April, 7th May, 4th June, 25th June 16th July				
Monday	Tuesday	Wednesday	Thursday	Friday
Oven baked fish fingers Requested by you!	Chicken lasagna Requested by you!	Roast turkey with Stuffing and rosemary Herb from our garden	Organic beef Italian meat balls in tomato sauce with whole wheat pasta Recipe sent in by Benjamin Barnett	Tomato and mozzarella pizza Requested by you!
Creamy Cauliflower and leek pie with a hash brown top	Free range gammon steak with parsley sauce or pineapple Herb from our garden	Oven baked veggie sausage with Yorkshire pudding onion and thyme gravy (V) Herb from our garden	Roasted chicken breast with barbeque 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	Roast swede, parsnip and carrot in a cheesy sauce with mash potato (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 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 Made with fair trade cocoa and fair trade banana In season	Fruity Wednesdays Wide selection of fruit segments, plain and fruit flavored yoghurts	Chocolate and beetroot sponge In season Made with fair trade cocoa	Apple and blackberry crumble 50% fruit

EAT 
RIGHT
BE 
BRIGT



Week two				
Week commencing 23 rd April, 14 th May, 11 th June, 2 nd July,				
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken breast with onion gravy or a homemade spicy tomato sauce Requested by you!	Beef burger and 50 50 bread bun Requested by you!	Roast Lamb with garlic, mint and rosemary Herb from our garden	Shepherd's pie Requested by you!	Tomato and mozzarella pizza
Veggie sausage with mash and onion gravy Requested by you!	Turkey pie Requested by you!	Quorn pieces cheesy pasta bake (V)	Salmon fish cake Super brain food	Spicy bean hot pot (V)
Jacket potato with cheese and coleslaw	Quorn bolognaise (V)	Jacket potato with whole meal spaghetti hoops	Baked veg wrap with tomato sauce and savory brown rice In season veg	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 In season veg Unlimited seasonal mixed	Parsley new potatoes Green beans and carrots In season veg Unlimited seasonal mixed Parsley from our garden	Chipped potatoes Sweet corn Unlimited Seasonal mixed salad
Hummingbird cake With bananas and pineapple	Chocolate & Vanilla short bread Requested by you! Made with fair trade cocoa	Fruity Wednesdays Wide selection of fruit segments, plain and fruit flavored yoghurts	Chocolate concrete Requested by you! Made with fair trade cocoa	Cheese and grapes with crackers 50% fruit Requested by you!

EAT 
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Week Three		Week commencing 30 th April, 21 st May, 18 th June, 9 th July		
Monday	Tuesday	Wednesday	Thursday	Friday
Southern style chicken strips Requested by you!	Pasta bar with dough balls Selection of whole wheat shaped pasta	Free range roast pork with homemade apple sauce and sage and onion stuffing	Lightly spiced chicken meat balls with coconut rice and quinoa	Fish crunchy with lemon tartare sauce or cheese and tomato pizza Requested by you!
leek and butternut squash lasagna (V) In season veg	Chicken stew with rice and peas Inspired by Jenson from class 3P	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	Veggie meat balls with a homemade tomato sauce (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 In season veg Unlimited seasonal mixed salad	Carrots and garden peas Unlimited seasonal mixed salad	Wedges Corn on the cob In season veg Unlimited seasonal mixed salad
Ginger and syrup sponge	Chocolate cracknel corn flake cake Made with fair trade cocoa Requested by you	Fruity Wednesdays Wide selection of fruit segments, plain and fruit flavored yoghurts	Orange and vanilla yoghurt cake	Bananas and custard 50% Fruit In season fruit

EAT
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