



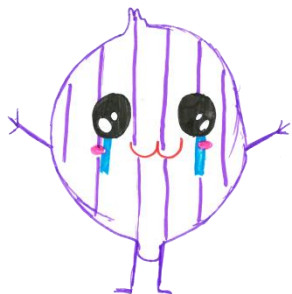
Dining@Hillstone

Here is our menu for Autumn/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.

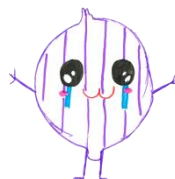
Available every day is fresh drinking water, and free organic milk. We have freshly prepared mixed salad every day and 50/50 bread.

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



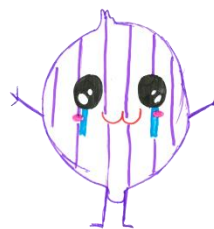
Week One. Week commencing 3rd Sept 24th Sept 15th Oct 5th Nov 26th Nov 17th Dec				
Monday	Tuesday	Wednesday	Thursday	Friday
Oven baked fish fingers <i>Requested by you!</i>	Mo's Mutton Curry with whole grain rice <i>Back by popular demand!</i>	Roast turkey with Stuffing and rosemary Herb from our garden <i>Requested by you!</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>
Macaroni cheese with leeks <i>In season veg</i>	Free range gammon steak with parsley sauce or pineapple <i>Herb from our garden</i>	Quorn roasted with rosemary and thyme on oven baked root veg (V) <i>Herb from our garden</i>	Turkey burger with barbeque sauce	Roasted veg skewers with kidney bean and put lentils in a tomato sauce (v)
Jacket potato with cheese or barbeque beans	Vegetable korma with chick peas and lightly spiced Bombay potato (V) <i>In season veg</i>	Jacket potato with tuna and sweet corn or baked beans	Vegetable spring roll with sweet and sour sauce (V) <i>Requested by you</i>	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
Lemon drizzle sponge with mixed berry compote	Carrot cake with homemade custard	Fruity Wednesdays Wide selection of fruit segments, plain and fruit flavored yoghurts	Chocolate and beetroot sponge <i>In season</i> <i>Made with fair trade cocoa</i>	Apple and blackberry crumble 50% fruit

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Week two				
Week commencing 10 th Sept 1 st Oct 22 nd Oct 12 th Nov 3 rd Dec				
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 Lamb with garlic, mint and rosemary <i>Herb from our garden</i> <i>Requested by you!</i>	Shepherd's pie <i>Requested by you!</i>	Tomato and mozzarella pizza
Veggie chicken burrito with Rainbow rice <i>Requested by you!</i>	Chicken pie in a creamy white sauce with parsley from our allotment <i>Requested by you!</i>	Veggie sausage hot dog With homemade tomato Tomato sauce	Salmon fish cake <i>Super brain food</i>	Spicy bean hot pot (V)
Jacket potato with cheese and coleslaw	Quorn bolognaise with spaghetti (V) <i>Requested by you</i>	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 <i>In season veg</i> Unlimited seasonal mixed	Parsley new potatoes Green beans and carrots <i>In season veg</i> 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 <i>Requested by you!</i> Made with fair trade cocoa	Fruity Wednesdays Wide selection of fruit segments, plain and fruit flavored yoghurts	Chocolate concrete <i>Requested by you!</i> Made with fair trade cocoa	Cheese and grapes with crackers 50% fruit <i>Requested by you!</i>

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Week Three		Week commencing 17 th Sept 8 th Oct 19 th Nov 10 th Dec		
Monday	Tuesday	Wednesday	Thursday	Friday
Southern style chicken strips <i>Requested by you!</i>	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, quinoa and cous cous	Fish crunchy with lemon tartare sauce or cheese and tomato pizza
Roasted tomato and basil lasagna (V)	Chicken curry with whole meal rice <i>Requested by you!</i>	Quorn and vegetable cottage pie (V)	Spaghetti bolognaise <i>Requested by you!</i>	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 vegetable stroganoff (v)	Veggie meat balls with a homemade white 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 <i>In season veg</i> Unlimited seasonal mixed salad	Carrots and garden peas Unlimited seasonal mixed salad	Wedges Corn on the cob <i>In season veg</i> Unlimited seasonal mixed salad
Apple sponge with custard <i>In season fruit!</i>	Chocolate cracknel corn flake cake Made with fair trade cocoa <i>Requested by you!</i>	Fruity Wednesdays Wide selection of fruit segments, plain and fruit flavored yoghurts	Orange and vanilla yoghurt cake	Bananas and custard 50% Fruit

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