

Week one

W/C 1 Jan, 22 Jan, 12 Feb, 5 Mar, 26 Mar

Chicken & Vegetable Casserole
Chicken in an Italian Vegetable and Tomato Sauce
Macaroni Cheese
Macaroni Pasta in a White Cheese Sauce
Jacket Potato with Baked Beans

Wholegrain Rice
Cauliflower
For Dessert...
Chocolate Brownie

Lamb Pasta Bake
Slow Cooked Lamb in a Tomato Sauce with Pasta
Vegetarian Sausages
Red Onion and Rosemary Linda McCartney Sausages
Jacket Potato with Cheese

Mashed Potatoes
Diced Carrot
For Dessert...
Fruity Flapjack Bites

Pork Sausages
Pork Sausages served with a Traditional Gravy
Vegetable Curry
A Sweet Mild Cauliflower Curry with Lentils and Chickpeas
Jacket Potato with Spaghetti Hoops

Diced Potatoes
Sweetcorn
For Dessert...
Strawberry Sponge with Peaches

Roast Turkey with Gravy
Roasted and Sliced Turkey Served with a Traditional Gravy
Vegetarian Fillet with Gravy
Vegetarian Fillet Served with a Traditional Gravy
Jacket Potato with Tuna Mayonnaise

Roast Potatoes
Country Vegetables
For Dessert...
Oat Cookie

Fish Fingers
Oven Baked White Fish Fingers in Golden Breadcrumbs with Tomato Ketchup
Quorn Burger in a Bun
Quorn Burger Served in a Bun with Tomato Ketchup
Jacket Potato with Baked Beans

Chips
Garden Peas
For Dessert...
Muller Yoghurt

If your school is an online ordering school visit our website to book your meals:

www.dorsetmedselector.co.uk

Week two

W/C 8 Jan, 29 Jan, 19 Feb, 12 Mar

Beef Burger
Beef Burger in a Bun with Tomato Ketchup
Shepherdess Pie
Vegetince, Peas and Carrots in a Traditional Gravy Topped with Mashed Potato
Jacket Potato with Cheese

Jacket Wedges
Baked Beans
For Dessert...
Chocolate Orange Cake

Mild Chicken Curry
Roasted Chicken Breast in a Mild Curry Sauce
Veggie Balls in a BBQ Sauce
Oven Baked Veggie Balls in a Sweet BBQ Sauce
Jacket Potato with Vegetable Bolognaise

Wholegrain Rice
Sweetcorn
For Dessert...
Pancakes with Mandarins

Beef Bolognaise Pasta Bake
Slow Cooked Beef Mince in a Rich Tomato Sauce served with Pasta
Roasted Cauliflower Cheese
Roasted Cauliflower in a Cheesy White Sauce
Jacket Potato with Baked Beans

Diced Potatoes
Country Vegetables
For Dessert...
Apple Sponge and Custard

Roast Pork with Gravy
Loin of Pork served with a Traditional Gravy
Quorn Roast with Gravy
Roasted Quorn Sliced and served with a Traditional Gravy
Jacket Potato with Tuna Mayonnaise

Roast Potatoes
Diced Carrot
For Dessert...
Chocolate Cookie

Fish Fingers
Oven Baked White Fish Fingers in Golden Breadcrumbs with Tomato Ketchup
Vegetarian Sausages
Oven Baked Linda McCartney Sausages with Tomato Ketchup
Jacket Potato with Spaghetti Hoops

Chips
Garden Peas
For Dessert...
Muller Yoghurt

Keep yourself topped up with water – it will help you concentrate all day long.



If you don't fancy dessert, you can always enjoy fresh fruit or yoghurt.

Week three

W/C 15 Jan, 5 Feb, 26 Feb, 19 Mar

BBQ Turkey Meatballs
Turkey Meatballs in a Sweet BBQ Sauce
Roasted Ratatouille Pasta Bake
Roasted Vegetables in a Chunky Tomato Sauce with Pasta
Jacket Potato with Baked Beans

Jacket Wedges
Sweetcorn
For Dessert...
Citrus Sponge Cake

Cheese and Tomato Pizza
Wholeheart Pizza Base Topped with Tomato Sauce and Cheese
Vegetable Risotto
Mixed Vegetables and Rice
Jacket Potato with Sweet Vegetable and Bean Casserole

Diced Potatoes
Diced Carrot
For Dessert...
Chocolate Brownie

Chicken Pasta Carbonara
Roasted Chicken Pieces in a Cheese Sauce with Pasta
Vegetable Korma
Mixed Vegetables in a Mild Creamy Curry Sauce
Jacket Potato with Cheese

Wholegrain Rice
Country Vegetables
For Dessert...
Sticky Toffee Pudding with Custard

Roast Beef with Gravy
Roasted Silverside of Beef served with a Traditional Gravy
Vegetarian Fillet with Gravy
Vegetarian Fillet served with a Traditional Gravy
Jacket Potato with Salmon Mayonnaise

Roast Potatoes
Cauliflower
For Dessert...
Flapjack Bites

Fish Fingers
Oven Baked White Fish Fingers in Golden Breadcrumbs with Tomato Ketchup
Quorn Hotdog
Quorn Hotdog in a Bun with Tomato Ketchup
Jacket Potato with Spaghetti Hoops

Chips
Garden Peas
For Dessert...
Muller Yoghurt

For more information please contact:

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