



Banovallum School - Meal Plan

This menu is a guideline, and some products may vary due to availability from our suppliers. Here at Banovallum we always strive to provide the freshest produce from local suppliers where possible.

Please be aware some dishes may contain Allergens, if you have any dietary requirements please do not hesitate to contact Kelly Harrison

Week Commencing: 26th.11.2018 – 17th.12.2018 – 7th - 28th.01.2019					
Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Chicken Fajitas & Mixed Salad	Sausage, Mash and peas, served with Gravy	Roast Beef Served with Seasonal Vegetables	Chicken Curry Served with Rice & Naan Bread	Cheeseburger & Chips
Vegetarian Option	Quorn Bolognaise Served with Garlic Bread	Quorn Mince Chilli Served with Rice	Crispy Topped Vegetable Pie Served with Seasonal Vegetables	Cheese Omelette & Salad	Vegetarian Sausage & Chips
Dessert	Winter Berry Sponge Served with Custard	Rhubarb Crunch Served with Custard	Pear Sponge Served with Custard	Chocolate Chip cookie	Flapjack
Lite Bites Available Everyday	A Selection of Sandwiches, Wraps and Baguettes	Jacket Potato with a choice of Filling	Paninis, Chicken, Bacon, Quorn Burger. Chicken Sticks. Pizza	A Selection of pasta and Salad	Yogurts & Fresh Fruit



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Week Commencing 12th.11.2018 – 3rd.12.2018 – 14th.01.2018 – 4th.02.2019

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Chicken Chasseur Served with Seasonal Vegetables	Beef Bourguignon Served with Diced Potatoes	Roast Pork, served with Roast Potatoes, Stuffing, Yorkshire Pudding and Vegetables	Spaghetti Carbonara Served with Garlic Bread	Fish & Chips
Vegetarian Option	Tortilla Layer Served with Salad	Quorn Hot Dog Served with Diced Potatoes and Salad	Quorn Shepherd's Pie Served with Vegetables	Vegetable Curry Served with Rice	Quorn Cheese Burger & Chips
Dessert	Pear Sponge Cake Served with Custard	Chocolate Chip Cookies	Apple & Cinnamon Crumble Served With Custard	Winter Berry Flap Jack	Chocolate and Mandarin Sponge
Lite Bites <i>Available Everyday</i>	A Selection of Sandwiches, Wraps and Baguettes	Jacket Potato with a choice of Filling	Paninis, Chicken, Bacon, Quorn Burger. Chicken Sticks. Pizza	A Selection of pasta and Salad	Yogurts & Fresh Fruit

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Week Commencing- 19th.11.2018 – 10th.12.2018 – 21st.01.2019 – 11th.02.2019

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Sausage, Mashed Potato & Garden Peas Served with Gravy	Cottage Pie Served with Seasonal vegetables & Gravy	Roast Chicken Served with Seasonal Vegetables, Mashed Potato & Gravy	Beef Chow Mein	Fishcake & Chips
Vegetarian Option	Cheese and Onion Quiche Served with Diced Potato	Beetroot Patties Served with Feta Cheese Yogurt	Quorn Roast Served with Seasonal Vegetables, Mashed Potato & Gravy	Vegetable Stir Fry	Spiced Lentil & Bean Patties & Chips
Dessert	Upside down Pineapple Cake Served with Custard	Date & Cocoa Brownie	Peach Cobbler Served with Custard	Pear & Apple Crumble Served with Custard	Banana Muffins
Lite Bites Available Everyday	A Selection of Sandwiches, Wraps and Baguettes	Jacket Potato with a choice of Filling	Paninis, Chicken, Bacon, Quorn Burger. Chicken Sticks. Pizza	A Selection of pasta and Salad	Yogurts & Fresh Fruit