



MENU

Cotham School Catering 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

Leek and potato

Cream of tomato

Sweet potato

Chunky vegetable herb

Tomato and basil

MAIN COURSE

Tandoori chicken with greek yogurt

Jamaican pork with jerk seasoning

Herby garlicky roasted chicken and Stuffing

Sausage and creamy mashed potatoes and gravy

Oven baked cod in batter

VEGETARIAN

Tandoori vegetable skewer

Bean parcel with Crème fraiche

Savoury vegetable rosti with stuffing

Vegetarian sausages, creamy mashed potatoes and gravy

Sweet potato parcel

FRESH VEGETABLES POTATOES

Steamed white and brown rice
Mixed salad
Jacket potatoes

Fresh broccoli
Steamed coconut white and brown rice with kidney beans
Jacket potatoes

Steamed carrots
Green cabbage
Roast potatoes
Jacket potatoes

Creamy mashed potatoes
Buttered peas
Jacket potatoes

French fries
Baked beans
Mixed salad
Mushy peas
Jacket potatoes

PASTA DISH

Penne with mediterranean vegetables and basil pesto

Tomato and fennel wholemeal pasta

Provencale pasta topped with peppers

Pasta twists with creamy herb sauce

Cheesy penne pasta with roasted vegetables

HOT DESSERT

Lemon drizzle sponge and custard

Blueberry muffin and custard

Coconut flapjack and Custard

Toffee apple bread pudding with custard

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MENU

Cotham School Catering 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

Pea & mint soup

Tomato and basil soup

Asparagus soup

Vegetable soup

Sweet pumpkin and parsnip soup

MAIN COURSE

Chicken (spinach) tikka, lentil dahl

Lamb tagine with spiced vegetables

Roast pork with apple sauce & gravy

Herby beef meatballs with herby spaghetti

Cornish pasty beef and vegetable

VEGETARIAN

Tikka baked vegetables with a lentil dahl

Chickpea and spiced vegetable tagine

Quorn vegetable pie with a mashed potato top

Chickpea falafel with herby spaghetti

Vegetable cornish pasty

FRESH VEGETABLES POTATOES

Steamed white and brown wild rice
Mixed salad
Jacket potatoes

Couscous
Mixed salad
Jacket potatoes

Steamed carrots
Cauliflower cheese
Roast potatoes
Jacket potatoes

Herby pasta
Mixed salad
Jacket potatoes

French fries potatoes
Baked beans
Buttered peas
Mixed salad
Jacket potatoes

PASTA DISH

Roasted vegetable pasta with tomato and saute red onion sauce

Stir fried vegetables oriental noodles

Olive vegetable pasta

Garlic pasta carbonara

Wholemeal vegetable pasta bake

HOT DESSERT

Apple crumble shortbread top and custard

Jam roly-poly and custard

Dark chocolate steamed pudding with chocolate sauce

Pineapple syrup upside down cake

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THURSDAY

FRIDAY

SOUP

Roasted vegetable soup

Wild mushroom
tarragon soup

Butternut squash soup

Butterbean soup

Cream of tomato
soup

**MAIN
COURSE**

Buttered thai
chicken (spinach)

Beef lasagne

Roast lamb
with mint sauce
and gravy

Chicken pot pie

Oven baked cod in batter

VEGETARIAN

Thai vegetable skewer

Sweet potato lasagne

Roast vegetable parcel

Root vegetable bean
pie with a pastry lid

Vegetarian fajita
with salsa

**FRESH
VEGETABLES
POTATOES**

White & brown rice
Jacket potatoes

Mixed salad
Jacket potatoes

Carrot and swede puree
Curly kale
Roast potatoes
Jacket potatoes

Fresh Steamed vegetables
Steamed potatoes
Jacket potatoes

Chips
Baked beans
Buttered peas salad
Jacket potatoes

PASTA DISH

Tagliatelle with
summer vegetables

Steamed wholemeal
pasta with garlic and
roast peppers

Sweet pepper penne
pasta with a
herb tomato sauce

Tomato and vegetable
pasta with a roast
tomato sauce

Mushroom pasta
gratin

HOT DESSERT

Cherry slice
and custard

Fudge brownie
with custard

Rhubarb crumble
and custard

Forest fruit muffin
and custard

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SOUP	Tomato and basil soup	Sweet pepper and tomato soup	Potato and sweetcorn chowder	Carrot and coriander soup	Tomato and basil soup
MAIN COURSE	South African curry (bunny chow) in a bun	Lamb kofta in a tortilla wrap with garlic mayonnaise	Roast chicken stuffing and gravy	Chicken and vegetable cous cous	Oven baked fish in batter
VEGETARIAN	Spicy falafel in a bun	Sauteed vegetables kofta in a tortilla wrap with garlic mayonnaise	Vegetable potato bake	Spicy bean vegetable cous cous	Sweetcorn and polenta burger
FRESH VEGETABLES POTATOES	Mixed salad Jacket potatoes	Seasoned saute potato Mixed salad Jacket potatoes	Steamed carrots Steamed broccoli Roast potatoes Jacket potatoes	Fresh Mixed salad Jacket potatoes	French fries Mixed salad Mushy peas Baked beans Jacket potatoes
PASTA DISH	Tomato vegetable Penne pasta	Tomato and rocket pasta	Linguine pasta with an olive and tomato sauce	Roast vegetable wholemeal pasta	Cheesy vegetable penne pasta
HOT DESSERT	Chocolate brownie with chocolate sauce	Blueberry muffin and custard	Shortbread slice and custard	Cherry sponge and custard	-



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FRIDAY

SOUP

Cream of tomato soup

Minestrone soup

Lentil soup

Chunky vegetable soup

Mushroom soup

MAIN COURSE

Chilli con carne

Stirfried chicken strips with ginger and garlic

Roast beef with yorky puds and gravy

Toad in the hole with a herb gravy

Chicken sweetcorn and mozzarella pizza

VEGETARIAN

Vegetable jambalaya with white and brown rice

Stir fried vegetables with ginger and garlic

Vegetable cheese bake with yorky pud

Field mushroom toad in the hole and gravy

Mozzarella olive and tomato pizza

FRESH VEGETABLES POTATOES

Saffron lentil white and brown rice
Mixed salad
Jacket potatoes

Stir fried vegetable
Noodles
Jacket potatoes

Steamed carrots
Green cabbage
Roast potatoes
Jacket potatoes

Garden peas and sweetcorn
Creamy mash potatoes
Jacket potatoes

Chips
Baked beans
Mixed salad
Jacket potatoes

PASTA DISH

Provencale pasta with roasted peppers

Spaghetti with mushrooms and herbs

Mushroom wholemeal pasta twists in a creamy sauce

Tomato and vegetable pasta with a roast tomato sauce

Chinese chow mein

HOT DESSERT

Apple shortbread crumble and custard

Fudge cake and custard

Sticky toffee sponge and custard

Apple flapjack and custard

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato herb soup	French onion soup	Chunky leek and potato soup	Tomato and basil soup	Root vegetable soup
MAIN COURSE	Thai coconut chicken curry with spinach	Spaghetti bolognese Topped with grated cheese	Chicken and vegetable casserole with dumplings	Cottage pie with a herb mash topping	Fish and herb burgers
VEGETARIAN	Potato and spinach samosa	Quorn bolognese topped with grated cheese	Root vegetable casserole with dumplings	Ratatouille vegetable pie topped with herb mash	Stir fry wrap
FRESH VEGETABLES POTATOES	Brown and white savoury rice Mixed salad Jacket potatoes	Spaghetti Mixed salad Jacket potatoes	Steamed carrots Garlic white cabbage Diced potatoes Jacket potatoes	Carrots and peas Jacket potatoes	Chips Baked beans Garden peas Mixed salad Jacket potatoes
PASTA DISH	Red onion pasta shells topped with a tomato sauce	Tagliatelle pasta in a rich tomato sauce	Wholemeal pasta with medeteranean vegetables	Roast red onion and pepper pasta	Cheesy penne pasta with roast vegetables
HOT DESSERT	Peach sponge and custard	Tutti fruiti cake and custard	Forest fruit muffins and custard	Apple cake and custard	-