



# MICKLEFIELD SCHOOL

W/Comm 14/01/2019	Monday	Tuesday	Wednesday	Thursday	Friday
<b>The Meaty Main Event</b>	Chicken & spring veg casserole	Pork & bean chilli	Beef in black bean sauce	Lemon & thyme roast chicken	Breaded fillet of fish with lemon wedge
<b>Veggie Exciting</b>	Quorn & spring veg casserole	Broad bean pea & mint risotto	Sweet & sour vegetables	Mushroom spinach & leek frittata	'Home made' Vegetable samosa
<b>On the Side</b>	Herb dumplings Carrots/Peas Savoy cabbage	Tortilla chips Rice, Green beans Sweetcorn	Egg noodles Sesame cabbage Courgettes & peppers	Roasted new potatoes Broccoli Glazed carrots	Potato wedges Garden Peas Baked beans
<b>Truly Scrumptious</b>	Peach crumble & custard	Chocolate mousse	Jam & coconut sponge & cream	Mango fool	Carrot cupcake with lemon frosting

**A fresh selection of salads are available from the salad table  
A daily selection of fruit pots, homemade yoghurt pots with daily fillings, jellies and dessert pots**