

Zest Secondary Menu Nov 2019 – Feb 2019

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|--|
| Week Commencing: 05.11.2018 – 26.11.2018 – 17.12.2018 – 21.01.2019 – 11.02.2019 | | | | | |
| Traditional Choice All main courses are served with either vegetables or salad and potatoes | 2 Farm Assured Sausages (GF) in a Giant Yorkshire Pudding with Onion Gravy Or Vegetable Pasty (V)(HM) | Chicken Fajita's (HM)(DF) Or Vegetable Chow Mein (V)(GF) | Roast Gammon (GF)(DF) With Parsley Sauce or Gravy Or Chunky Vegetable Goulash (V)(HM)(GF)(DF) | Chicken Tikka Masala (HM) Or Mushroom Stroganoff (V)(HM) | MSC Salmon Parcel/ MSC Fish Fingers Or Southern Coated Quorn Burger (V) |
| 'Street Food' Pasta King available daily | Bangers 'n' Mash Pot or Pasta Pomodoro (v) | Chicken Burger or Rice with Vegetable Chilli (v) | Gammon & Mango Chutney Roll Or Pasta Tomato & Mascarpone (v) | Cheese Pizza Panini (v) Or Pasta with Meat Bolognese | Sausage & Chip Pot Or Pasta Basilico (v) |
| Dessert of the day | Frozen Delight (V)(HM)(GF) | Banoffee Mousse (HM)(V) | Chocolate Crunch with Mint Custard (HM)(V) | Date Slice (HM)(V) | Fruit Yogurt (V)(GF) |

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|---|
| Week Commencing: 12.11.2018 – 03.12.2018 – 07.01.2019 – 28.01.2019 | | | | | |
| Traditional Choice All main courses are served with either vegetables or salad and potatoes | All Day Breakfast 1 x Bacon, 1 x Sausage, Baked Beans, ½ Tomato and 2 x Hash Brown Veggie Sausage & Egg available (V) | Chilli Wedge Bake (HM)(GF) Or Italian Bean Gratin (V)(HM) | Roast Chicken (GF) with Stuffing & Roast Gravy Or Quorn Fillet (V)(GF) | Lamb Keema & Potato curry (HM)(GF)(DF) Or Macaroni Cheese (V) | Battered MSC Fish Fillet (GF)(DF) Or Homemade Vegetable Pizza (V)(HM) |
| 'Street Food' Pasta King available daily | Bacon Baguettes Or Rice with Arriabatta (v) | Chicken Burgers Or Pasta Veg Bolognese (v) | Vegetable Chilli Burrito (v) Or Chicken Kashmiri Rice | Marinated Chicken Flatbread Or Pasta Tomato & Mascarpone (v) | Pizza & Chip Pot (v) Or Pasta Pepperoni |
| Dessert of the day | Mandarin Chocolate Cake (HM)(V) | Apple Crumble Topped Sponge (HM)(V) | Lemon and Poppy Seed Muffin (HM)(V) | Pear Tart Tatin (HM)(V) | Ice Cream Pot (V)(GF) |

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|---|
| Week Commencing: 19.11.2018 – 10.12.2018 – 14.01.2019 – 04.02.2019 | | | | | |
| Traditional Choice All main courses are served with either vegetables or salad and potatoes | Homemade Chicken Stew with Dumpling (HM) Or Vegetable Hash (HM)(V)(GF)(DF) | Traditional Cottage Pie (HM) Or Cheese Flan (V)(HM) | Roast Beef (GF) with Yorkshire Pudding and Roast Gravy Or Quorn Sausages (V)(GF) | Tangy Moroccan Turkey Tagine (HM)(GF)(DF) Or Yellow Thai style curry (HM)(V) | Homemade MSC Fish Cake (HM) Or Veg Burgerdillas (V)(HM) |
| 'Street Food' Pasta King available daily | Hot Dog Deluxe Or Pasta Tomato & Mascarpone (v) | Chicken Burger Or Vegetable Chilli & Rice (v) | Roast Beef and Stuffing Baguette Or Pasta Pomodoro (v) | Meatball Subs Or Rice with Sweet Chilli Sauce (v) | Sausage and Chip Pot Or Pasta Tomato & Mascarpone (v) |

Zest Secondary Menu Nov 2019 – Feb 2019

| | | | | | |
|--------------------|----------------------------|---|---|------------------------------------|---|
| Dessert of the day | Rhubarb Crumble (HM)(V) | Ginger Cake with Vanilla Sauce (HM)(V) | Coconut and Raspberry Sponge (HM)(V) | White Chocolate Blondie (HM)(V) | Strawberry Cheesecake Mousse (HM)(V)(GF) |
|--------------------|----------------------------|---|---|------------------------------------|---|



WELLSWAY
SCHOOL

Filled Jacket potatoes available daily as alternative to any main course on the menu with variety of toppings



Zest Secondary Menu Nov 2019 – Feb 2019

All main courses dishes £2.00 each & all desserts/tray bakes 75p

Why not have a meal deal for £2.50 and save 25p!

Did you know...?

All our meat is Farm Assured and we use a range of local suppliers, our eggs are Free Range and we use Organic, Seasonal Products where possible.

Why not take a look at the notice boards for special offers and tariff's for other items sold.

