

Okehampton College QUADRANGLE MENUS - Autumn/Winter 2014

	Week 1: w/c 8/9 - 29/9 - 20/10 - 17/11 - 8/12	Week 2: w/c 15/9 - 6/10 - 3/11 - 24/11 - 15/12	Week 3: w/c 22/9 - 13/10 - 10/11 - 1/12	
Monday	Pork Sausages (4g) Creamed Potatoes (34g) Baked Beans (14g) (V) Veggie Stir-fry/Pomodoro (0g) & Pasta (48g) Homemade Flapjack (56g) & Custard (14g) (P) Tuna & Cucumber Roll (34g) & Flapjack (56g) or Yoghurt (15g)	Chicken & Bacon Lasagne (32g) Herby Potatoes (34g) (V) Cauliflower Cheese (12g) Chocolate Sponge (25g) & Chocolate Custard (14g) (P) Chicken Salad Sandwich (40g) & Cookie (32g) or Yoghurt (15g)	Beef Pie (16g) Mashed Potatoes (34g) (V) Macaroni Cheese (42g) & Crusty Bread (21g) Ice Cream (12g) (P) Salmon Roll (34g) & Iced Sponge (35g) or Yoghurt (15g)	Monday
Tuesday	Chicken, Broccoli & Carrot Pie (16g) Creamed Potatoes (34g) Sweetcorn (13g) (V) Cheese & Onion Quiche (22g) Arctic Roll (8g) (P) Ham Sandwich (40g) & Choc Chip Cookie (32g) or Fruit (10-20g)	Beef Stew (0g) & Dumplings (10g) Mashed Potatoes (34g) (V) Cheese & Potato Bake (35g) Fruit Salad (15g) & Yoghurt (15g) (P) Tuna & Cucumber Sandwich (40g) & Iced Chocolate Cake (35g) or Fruit(10-20g)	Homemade Curry (0g) Boiled Rice (47g) Peas (6g) & Sweetcorn (13g) (V) Homemade Veggie Curry (0g) Pineapple Upside Down Cake (56g) & Custard (14g) (P) Cheese & Pickle Sandwich (40g) & Choc Chip Cookie (32g) or Fruit (10-20g)	Tuesday
Wednesd	Roast Beef (0g) with Roast Potatoes (34g) (V) Veggie Toad in the Hole (12g) Fruit Crumble (33g) & Custard (14g) (P) Egg & Cress Roll (34g) & Toffee Crispie (35g) or Fruit (10-20g)	Roast Pork (0g) with Roast Potatoes (34g), (V) Veggie Roast (38g) Blackberry & Apple Crumble (33g) & Custard (14g) (P) Ham Salad Roll (34g) & Flapjack (56g) or Fruit (10-20g)	Roast Turkey (0g) with Roast Potatoes (34g), (V) Vegetable Cobbler (30g) (P) Tuna & Cucumber Roll (34g) & Plain Shortbread (25g) or Fruit (10-20g)	Wednesd
Thursday	Beef Lasagne (32g) New Potatoes (34g), (V) Cheesy Pasta Bake (48g) Fruit Salad (15g) & Yoghurt (15g) (P) Bacon, Lettuce & Tomato Roll (34g) & Custard Biscuit (25g) or Fruit (10-20g)	Cottage Pie (21g) Boiled Potatoes (34g) (V) Cheese & Tomato Pizza (34g) Yoghurt (15g) & Cookie (32g) (P) Egg & Cress Sandwich (40g) & Iced Sponge (35g) or Fruit (10-20g)	Spaghetti Bolognese (48g) New Potatoes (34g), (V) Pomodoro Pasta (48g) Sticky Toffee Sponge (44g) (P) Ham & Egg Roll (34g) & Custard Biscuit (25g) or Fruit (10-20g)	Thursday
Friday	Battered Fish (20g) Chips or New Potatoes (34g) & Baked Beans (14g) (V) Veggie Burger (22g) Lemon Drizzle Cake (32g) (P) Cheese & Tomato Sandwich (40g) & Lemon Drizzle Cake (32g) or Fruit (10-20g)	Battered Fish (20g) Chips or New Potatoes (34g) & Baked Beans (14g) (V) Vegetarian Lasagne (32g) Treacle Sponge (35g) & Custard (14g) (P) Bacon, Lettuce & Tomato Sandwich (40g) & Yoghurt (15g) or Fruit (10-20g)	Battered Fish (20g) Chips or New Potatoes (34g) & Baked Beans (14g) (V) Veggie Burger (22g) Fruit Salad (15g) & Yoghurt (15g) (P) Sausage Bap (22g) Steamed Pudding (30g) & Custard (14g) or Fruit (10-20g)	Friday
Jacket Potatoes (45g) available daily: Butter (0g)/Beans (14g)/Cheese(0g)				

Carbohydrates estimated from packets, school recipes, previous DCC recipes, Carbs and Cals, McCance and Widdowson (weighed foods). November 2014. Products liable to change in January 2015 as new school recommendations come into force.

Contact maria.leveridge@nhs.net or 07827239019 for review.