



The Coastal Federation Winter Warmer Seasonal Menu

Welcome to the winter warmer seasonal menu. We have listened to children, parents and staff and have tweaked what we offer.

- Children who select baked potato will also have the majority of items offered on the salad bar to ensure they get a balanced diet.
- Fresh fruit is provided every day with dessert.
- A basket of fresh homemade bread is provided everyday.
- All meat is from our local Mundesley Butcher.
- Traffic light sandwich stack is made with bread, hummus, grated carrot, tomato and spinach leaves
- Allergens are highlighted in purple, please inform the school office if your child requires a special diet following medical advice

Spaghetti Bolognese



Traffic Light Sandwich Stack



Mac 'n' Cheese





The Coastal Federation Winter Warmer Seasonal Menu

1	19/11/18	17/12/18	21/01/19	11/02/19
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	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Baked potato with cheese and baked beans <i>Dairy</i>	Creamy tomato chicken wholegrain pasta bake <i>Dairy, wheat, gluten</i>	Mundesley sausage and beans in a rich thyme sauce served with baked wedges <i>Dairy, wheat, gluten</i>	Homemade beef burgers, chipped potatoes	Roast chicken breast, gravy, roast potatoes, stuffing <i>Wheat, gluten</i>
Option 2	Baked potato with tuna and sweetcorn <i>Egg, fish</i>	Creamy tomato and vegetable wholegrain pasta bake <i>Dairy, wheat, gluten</i>	Quorn and seasonal vegetables in a rich thyme sauce served with baked wedges <i>Wheat, gluten</i>	Homemade quorn burgers, chipped potatoes <i>Egg</i>	Quorn fillet, roast potatoes, gravy, stuffing <i>Egg, wheat, gluten</i>
Option 3	Cheese sandwich, veggie stick, fruit, biscuit, yoghurt <i>Dairy, wheat, gluten</i>	Baked potato with salad bar <i>Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw</i>	Baked potato with salad bar <i>Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw</i>	Baked potato with salad bar <i>Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw</i>	No option 3 today
Sides	Salad bar <i>Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw</i>	Salad bar <i>Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw</i>	Baked beans Salad bar <i>Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw</i>	Garden peas Corn on the cob Salad bar <i>Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw</i>	Seasonal vegetables
Dessert	Apple crumble and ice cream <i>Wheat, dairy, gluten</i>	Banana loaf <i>Egg, dairy, wheat, gluten</i>	Apple strudel and custard <i>Dairy, wheat, gluten</i>	Fruit trifle <i>Dairy, egg</i>	Upside down fruit sponge and cream <i>Dairy, egg, wheat, gluten</i>



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2	29/10/18	26/11/18	31/12/18	28/01/19
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	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken and ham mayo baked Potato Egg	Spaghetti bolognese (wholegrain spaghetti) Wheat, gluten	Baked chicken korma, fragrant wholegrain rice, onion bhaji and cucumber raita Wheat, gluten, dairy	Meat feast pizza Dairy, wheat, gluten	Pork sausage, Yorkshire pudding roast potatoes and gravy Egg, wheat, gluten
Option 2	Cheesy baked potato with salad bar Dairy, gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	Quorn spaghetti bolognese (wholegrain spaghetti) Wheat, gluten, egg	Vegetable and lentil korma, wholegrain rice, cucumber raita and onion bhaji Wheat, gluten, dairy	Triple cheese and tomato pizza Dairy, wheat, gluten	Quorn sausage Yorkshire pudding, roast potatoes and gravy Egg, wheat, gluten
Option 3	Traffic light sandwich stack, vegetable sticks, fruit, biscuit, yoghurt Wheat, gluten, dairy, sesame	Baked potato with salad bar Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	Baked potato with salad bar Gluten and wheat in pasta salad egg in mayonnaise for coleslaw	Baked potato with salad bar Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	No option 3 today
Sides	Salad bar Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	Salad bar Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	Salad bar Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	Salad bar Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	Seasonal vegetables
Dessert	Fruit flap jack Dairy, wheat, gluten	Confetti yoghurt dip with fresh fruit Dairy	Oaty peach crumble with custard Dairy, wheat, gluten	Homemade shortbread finger and fresh fruit Dairy, wheat, gluten	Rice pudding with fruit compote Dairy



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3	05/11/18	03/12/18	07/01/19	04/02/19
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	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Vegetable and quorn chilli baked potato Egg	Mighty mac `n` cheese with garlic bread Dairy, wheat, gluten	Sausage plait with baked beans and herbed potato wedges Dairy, wheat, gluten	Oven cooked breaded Cod goujons and chipped potatoes Fish, wheat, gluten, dairy	Roast pork steak, roast potatoes and a Yorkshire pudding Dairy, wheat, gluten, egg
Option 2	Cheesy baked potato with salad bar Dairy, gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	Chicken, sweetcorn and cucumber wraps, veggie sticks, fruit, biscuit and yoghurt Dairy, wheat, gluten	Cheese and vegetable puff with baked beans and herbed potato wedges Dairy, wheat, gluten	Cheesy bean burger and chipped potatoes Dairy, wheat, gluten	Quorn Wellington, roast potatoes and yorkshire pudding (v) Dairy, wheat, gluten, egg
Option 3	Ham sandwich, vegetable sticks, yoghurt, fruit and homemade biscuit Dairy, wheat, gluten	Baked potato with salad bar Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	Baked potato with salad bar Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	Baked potato with salad bar Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	No option 3 today
Sides	Salad bar Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	Broccoli Salad bar Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	Baked beans Salad bar Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	Salad bar Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	Seasonal vegetables
Dessert	Oaty apple and sultana crumble served with custard Dairy, wheat, gluten	Date slice Dairy, wheat, gluten	Sultana and apricot sponge with single cream Dairy, wheat, gluten, egg	Cheese and biscuits Dairy, wheat, gluten	Fruit jelly and ice cream Dairy



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4	12/11/18	10/12/18	14/01/19	11/02/19
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	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Tuna and sweetcorn mayo baked potato Egg, fish	Wholegrain pasta, peas and bacon Dairy, wheat, gluten	Sticky sweet salmon served with whole grain rice and peas Wheat, gluten, fish, soya	Toad in the hole and winter vegetables Dairy, wheat, gluten, egg	Roast turkey breast, gravy, roast potatoes and stuffing Wheat, gluten
Option 2	Baked beans and baked potato	Vegetables and wholegrain pasta Dairy, wheat, gluten	Sticky sweet tofu served with wholegrain rice and peas Wheat, gluten, fish, soya	Quorn toad in the hole and winter vegetables Dairy, wheat, gluten, egg	Cheese topped quorn cottage pie Dairy, egg
Option 3	Tuna and sweetcorn sandwich, vegetable sticks, yoghurt, fruit and homemade biscuit Dairy, wheat, gluten, fish, egg	Hummus, pitta, veggie sticks, fruit, biscuit, yoghurt Dairy, wheat, gluten, sesame	Baked potato with salad bar Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	Baked potato with salad bar Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	No option 3 today
Sides	Salad bar Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	Salad bar Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	Salad bar Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	Salad bar Gluten and wheat in pasta salad, egg in mayonnaise for coleslaw	Seasonal vegetables
Dessert	Fruit salad and ice cream Dairy	Yoghurt cheesecake Dairy, wheat, gluten, egg	Fruit salad and frozen yoghurt Dairy	Mandarin sponge and cream Dairy, wheat, gluten, egg	Fruit yoghurt and fresh fruit Dairy