

Week one

W/C 4 Sept, 25 Sept, 16 Oct, 6 Nov, 27 Nov

Beef and Vegetable Stew Slow braised beef and vegetables in a rich gravy	Mashed Potato
Vegetable Bolognese Pasta Bake Soy mince and vegetables in an Italian style tomato bolognese sauce served over pasta	Diced Carrot
Jacket Potato with Spaghetti Hoops	For Dessert... Chocolate Brownie
Ham and Cheese Carbonara Pasta Bake Creamy ham and cheese sauce served over pasta	Diced Potatoes
Veggie Balls in BBQ Sauce Oven baked veggie balls served in a sweet BBQ sauce	Sweetcorn
Jacket Potato with Vegetable Bolognese	For Dessert... Toffee Apple Turnover
Mild Chicken Curry Diced chicken breast served in a mild tomato, lentil and yoghurt curry sauce	Wholegrain Rice
Sweet and Sour Quorn Quorn pieces served in a sweet and sour sauce	Mixed Vegetables
Jacket Potato with Baked Beans	For Dessert... Chocolate Sponge with Custard
Roast Turkey with Gravy Roasted and sliced turkey served with a traditional gravy	Roast Potatoes
Vegetarian Fillet with Gravy Vegetarian fillet served with a traditional gravy	Green Beans
Jacket Potato with Tuna Mayonnaise	For Dessert... Flapjack Bites
Fish Fingers Oven baked white fish fingers in golden breadcrumbs with tomato ketchup	Chips
Quorn Burger in a Bun Quorn burger served in a soft roll with tomato ketchup	Garden Peas
Jacket Potato with Cheese	For Dessert... Muller Yoghurt

Week two

W/C 11 Sept, 2 Oct, 23 Oct, 13 Nov, 4 Dec

Lamb and Mint Meatballs in Tomato Sauce Oven baked lamb and mint meatballs served in a sweet tomato sauce	Wholegrain Rice
Sweet Vegetable and Kidney Bean Casserole Sweet vegetables, potato and kidney beans in a tomato sauce	Diced Carrot
Jacket Potato with Spaghetti Hoops	For Dessert... Chocolate Brownie
Roast Beef and Gravy Roasted and sliced silverside of beef served with a traditional gravy	Roast Potatoes
Quorn Roast Roasted Quorn loaf sliced and served with a traditional gravy	Mixed Vegetables
Jacket Potato with Cheese	For Dessert... Oat Cookie
Macaroni Cheese Short cut macaroni served in a creamy cheese sauce	Potato Wedges
Chickpea Straganoft Chickpeas and vegetables cooked in a tomato and cream sauce	Sweetcorn
Jacket Potato with Tuna and Sweetcorn Mayonnaise	For Dessert... Citrus Sponge and Mandarin Segments
BBQ Chicken Fillet Marinated oven baked chicken breast	Mashed Potato
Vegetarian Sausages Oven baked Linda McCartney vegetarian chorizo and red pepper sausages	Green Beans
Jacket Potato with Sweet Vegetable Curry	For Dessert... Sticky Toffee Pudding with Custard
Smart Crumb Fish Fillet Crumbed oven baked white fish fillet served with tomato ketchup	Chips
Quorn Hotdog in a Soft Roll Quorn hotdog served in a soft roll with tomato ketchup	Garden Peas
Jacket Potato with Baked Beans	For Dessert... Muller Yoghurt

Week three

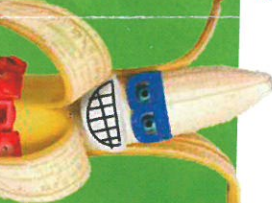
W/C 18 Sept, 9 Oct, 30 Oct, 20 Nov, 11 Dec

Cheese and Tomato Pizza Whole wheat pizza base topped with tomato sauce and cheese	Diced Potatoes
Roast Vegetable Pasta Bake Roasted vegetables in a tomato sauce served over pasta	Sweetcorn
Jacket Potato with Vegetable Bolognese	For Dessert... Chocolate Cookie
Pork Sausages with Mashed Potato British pork sausages served with mashed potato and beans	Mashed Potato
Plain Omelette Lightly seasoned free range omelette made from British Red Lion eggs	Baked Beans
Jacket potato with Salmon Mayonnaise	For Dessert... Pancakes & Peaches
Cottage Pie Beef mince and vegetables in a rich gravy topped with mashed potato	Wholegrain Rice
Vegetable Koroma Mixed vegetables in a mild creamy curry sauce	Green Beans
Jacket Potato with Baked Beans	For Dessert... Banana Sponge with Custard
Roast Pork with Gravy Roasted and sliced loin of pork served with a traditional gravy	Roast Potatoes
Vegetarian Fillet with Gravy Vegetarian fillet served with a traditional gravy	Diced Carrot
Jacket Potato with Cheese	For Dessert... Flapjack Bites
Fish Fingers Oven baked white fish fingers in golden breadcrumbs with tomato ketchup	Chips
Vegetarian Sausages Oven baked Linda McCartney red onion and rosemary sausages	Garden Peas
Jacket Potato with Spaghetti Hoops	For Dessert... Muller Yoghurt



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Keep yourself topped up with water – it will help you concentrate all day long



If you don't fancy dessert, you can always enjoy fresh fruit or yoghurt.



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