






# Menu Autumn Term 2019 starting w/c 2<sup>nd</sup> September '19

## Week: One

						
Main course		<b>Rainbow Pasta Day</b>				
	Meat	Cheese Sauce (v) Tomato & Basil Sauce (v) or Pepperoni Sauce	Chicken Fajita Wraps	Local Butcher's Pork Sausage in a Roll	Spaghetti Beef Bolognaise	Birds Eye Chunky Fish Finger
	Vegetarian	See above	Quorn Fajita Wraps	Linda McCartney Sausage in a Roll	Quorn Mince Bolognaise	BirdsEye Vegetable Fingers
	Jacket Potato	Baked Beans & Cheese	Baked Beans or Tuna Mayo	Baked Beans or Tuna Sweetcorn	Cheese & Baked Beans	Baked Beans
	Side Dish	Corn on the Cob	White & Wholegrain Rice	Herby Diced Potatoes	Garlic Bread Slices	Chips
	Vegetables	Salad Bar	Mixed Peppers & Onions & Salad Bar	Peas and Sweetcorn	Salad Bar	Peas & Baked Beans Salad Bar
	Dessert	Jam Sponge Finger	Fresh Fruit Platter	Chocolate Brownie	100% Fruit Ice Lolly	Fruit Crumble & Ice Cream
	Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
	Extra bread	Freshly Baked Wholemeal	Freshly Baked Wholemeal	Freshly Baked Wholemeal	Freshly Baked Wholemeal	Freshly Baked Wholemeal

## Week: Two

						
Main course	Meat	Beef Burger in a Bun	Homemade Chicken Tikka Masala with Naan Bread	Local Butcher's Roast Gammon with Yorkshire Pudding and Gravy	Homemade Sausage Roll	Young's Omega 3 Fish Fingers
	Vegetarian	Spicy Bean Burger in a Bun	Macaroni Cheese	Quorn fillet	Vegetarian Sausage Roll	Quorn Dippers
	Jacket Potato	Baked Beans or Tuna Mayo	Baked Beans & Cheese	Baked Beans & Side Salad	Tuna Mayo or Baked Beans	Baked Beans & Cheese
	Side Dish	Potato Wedges	White & Wholegrain Rice	New Potatoes	Mashed Potato	Chips
	Vegetables	Sweetcorn or Baked Beans	Salad Bar	Fresh Carrots and Broccoli	Salad Bar Baked Beans or Green Beans	Peas, Sweetcorn & Salad Bar
	Dessert	Mandarins with Ice Cream	Chocolate Krispie Slices	Fresh Fruit Platter	Arctic Roll	Jelly & Cream
	Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
	Extra bread	Freshly Baked Wholemeal	Freshly Baked Wholemeal	Freshly Baked Wholemeal	Freshly Baked Wholemeal	Freshly Baked Wholemeal

## Week: Three

						
Main course		<b>Pizza Day</b>		<b>Jacket Potato Day</b>	<b>All Day Breakfast</b>	
	Meat	Cheese, Pepperoni or Hawaiian Pizza	Sweet and Sour Chicken	Baked Beans, Cheese, Tuna Mayo or Chicken Curry topping	Chipolata Sausage, Bacon & Scrambled Egg	Fishwich Square in a High Fibre Bun
	Vegetarian	See Above	Sweet and Sour Quorn	As Above	2 x Linda McCartney Sausages	Quorn Burger In A High Fibre Bun
	Jacket Potato	Baked Beans & Cheese	Tuna Mayo or Baked Beans	As Above	Baked Beans	Baked Beans
	Side Dish	Tomato Pasta	Rice or Noodles		Hash Brown	Chips
	Vegetables	Salad Bar	Chinese Vegetables	Salad Bar	Baked Beans, Mushrooms & Tomatoes	Peas & Sweetcorn
	Dessert	Fresh Fruit Platter	Chocolate Flapjack	Chocolate Sponge with Chocolate Custard	Iced Smoothies	Angel Delight
	Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
	Extra bread	Freshly Baked Wholemeal	Freshly Baked Wholemeal	Freshly Baked Wholemeal	Freshly Baked Wholemeal	Freshly Baked Wholemeal

Available everyday: Salad bar (except Wednesday, salad only with a Jacket Potato), Fresh Fruit, Muller Fruit Corner Yoghurt, Wholemeal Bread, Water or Milk.