

# AUTUMN MENU 2018



Week 1	Week commencing: 29/10/2018			
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Korma, Rice, Naan, Bread	Beef Lasagne served with Garlic Bread	Pork Sausage, Mash Potatoes, Gravy, Peas	Beef Meatballs in Tomato Sauce, Penne Pasta	School Favorite Panini, Salad Bar
Jacket Potatoes with Cheese and Beans	Tomato Basil Fusilli Pasta, Green Beans	Vegetarian Sausage, Mash Potatoes, Gravy	Margarita Pizza, House Salad	Quorn Meatballs Panini
Cheese and Cucumber Baguette	Cheese and Salad Wrap	Tuna Salad Sandwich	Ham and Cheese Salad Baguette	Ham and Cheese Salad Baguette
Fresh Fruit, Natural Yogurt	Fruit Salad, Banana & Custard Yogurt	Fresh Fruit, Natural Yogurt	Fruit Salad, Cheese and Cracker	Fruit Friday
Waffle with Fruit	Croissant with Jam	Lemon Drizzle Cake	Squeeze Jelly	Shortbread with Custard

Week 2	Week commencing: 5/11/2018			
Monday	Tuesday	Wednesday	Thursday	Friday
Beef Spaghetti Bolognese with Garlic Bread	Chicken Tikka Masala, Rice, Flat Bread	Cheesy Sausage Pasta Baked, Green Beans	Beef Burger in Bap, Corn and Cob	Cod Fish Fingers with Potatoes Baked Beans
Margarita Pizza, Mozzarella Tomato Salad	Three Bean Chili with Rice and Nachos	Quorn Meatballs in Tomato Sauce and Mash Potatoes	Bean Burger in a Bap, Corn and Cob	Macaroni and Cheese, Homemade Bread
Mozzarella, Tomato Baguette	Chicken Caesar Salad Sandwich	Tuna, Cucumber Baguette	Ham and Cheese Sandwich	Falafel Hummus Wrap
Fresh Fruit, Natural Yogurt	Fruit Salad, Banana & Custard Yogurt	Fresh Fruit, Natural Yogurt	Fruit Salad, Cheese and Cracker	Fruit Friday
American Pancake with Maple Syrup	Banana and Honey Cake	Milk Chocolate Cookie with Glass of Milk	Beetroot Brownie	Blueberry Muffins

Week 3	Week commencing: 12/11/2018			
Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Meatballs with Garlic Bread	Pork Hot Dog with Herby Potatoes	Cheese Turkey Burrito with Salsa & Sour Cream	Roasted Chicken with Gravy and Roasted Potatoes	Cod Fish Fingers with Potatoes and Baked Beans
Sweet Potatoes and Black Bean Quesadilla	Quorn Hot Dog with Herby Potatoes	Tomato Penne Pasta, Homemade Bread	Vegetable Roast with Gravy and Roasted Potato	Cauliflower & Broccoli Bake with Bread
Cheese and Salad Baguette	Tuna and Sweet Corn Rolls	Chicken and Salad Sandwich	Meatball Wrap	Salmon and Cream Cheese Bagel
Fresh Fruit, Natural Yogurt	Fruit Salad, Banana & Custard Yogurt	Fresh Fruit, Natural Yogurt	Fruit Salad, Cheese and Cracker	Fruit Friday
Crêpes with Fruit and Cream	Chocolate Muffins	Vanilla Marble Cake	Jam Sponge Cake	Chocolate Biscuits Cake

Vegetarian option

AVAILABLE DAILY: Salad bar (tomatoes, cucumber, lettuce, carrot sticks, olives, peppers, sweetcorn), Fruit slice (melon, watermelon, orange, banana, apple), Fruit salad (blueberry, raspberry, grapes, mandarins, peach), Fresh milk with biscuits, Seasonal Vegetables, Yeo® organic yoghurt, Cheese & Crackers