

**Autumn Term 2018 : Menu Choice**

|           | <b>WEEK 1 served w/c: 03/09, 24/09, 15/10, 12/11, 03/12</b>  | <b>WEEK 2 served w/c : 10/09, 01/10, 22/10, 19/11, 10/12</b>  | <b>WEEK served w/c: 17/09, 08/10, 05/11, 26/11, 17/12</b>   |
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| Monday    | Salmon Nibbles<br>Tomato Sauce<br>Broccoli & Carrots<br>Potato Wedges<br>Tomato Bread<br><i>Jacket Potato (v)</i><br><br>Swiss Bun<br>Yoghurt or Fresh Fruit   | Organic Beef burger in a Bun<br>Chipped Potatoes<br>Peas & Sweetcorn<br><i>Cauliflower &amp; Broccoli Gratin (v)</i><br><br>Banana Brownie & Chocolate Sauce<br>Yoghurt or Fresh Fruit    | Battered Fish<br>Tomato Sauce<br>Pea and Carrot Sticks<br>Chipped Potatoes<br>Sunflower Seed Bread<br><i>Whole-wheat Vegetable Pasty (v)</i><br><br>Fruits of the Forest Flapjack<br>Yoghurt or Fresh Fruit |
| Tuesday   | Sweet & Sour Chicken and Rice<br>Medley of Veg<br>Wholemeal Baguette<br><i>Cheese, Leek and Potato Bake (v)</i><br><br>Toffee Apple Crumble Cake<br>Yoghurt or Fresh Fruit   | Chicken & Tomato Pasta<br>Green Beans<br>Cauliflower<br>Wholemeal Bread<br><i>Cowboy Bake (v)</i><br><br>Autumn Marble Berry Sponge & Custard<br>Yoghurt and Fresh Fruit                  | Minced Beef & Dumpling<br>Sweet Potato Mash<br>Savoy Cabbage & Carrots<br>Sunflower Seed Bread<br><i>Vegetable Roast (v)</i><br><br>Sticky Date & Apple Bar with Cheese<br>Yoghurt or Fresh Fruit           |
| Wednesday | Minced Beef and Yorkshire Pudding<br>Roast Parsnips<br>Carrots<br>Roast Potatoes<br>Sliced Wholemeal Break<br><i>Jacket Potato (v)</i><br><br>Chocolate & Orange Sponge with Chocolate Sauce<br>Yoghurt or Fresh Fruit | Roast Pork with Apple Sauce & Gravy<br>Carrots & Broccoli<br>Parsley Potatoes<br>Herbie Bread<br><i>Jacket Potato (v)</i><br><br>Raspberry Bun and Apple<br>Yoghurt or Fresh Fruit        | Chicken & Vegetable Pie<br>Roast Potatoes<br>Carrots & Swede<br>Crusty Break<br><i>Jacket Potato (v)</i><br><br>Fruity Gingerbread & Custard<br>Yogurt or Fresh Fruit                                       |
| Thursday  | Chicken Korma & Rice<br>Cauliflower<br>Green Beans<br>Naan Bread<br><i>Roasted Vegetable Pasta (v)</i><br><br>Pineapple Shortcake & Custard<br>Yoghurt or Fresh Fruit  | Beef Wraps<br>Vegetable Sticks<br>Vegetable Rice<br><i>Macaroni Cheese (v)</i><br><br>Apple Cinnamon Crunch<br>Crumble & Custard<br>Yoghurt or Fresh Fruit                                | Pasta Bolognese<br>Broccoli & Sweetcorn<br>Garlic Bread<br><i>Sweet Potato &amp; Vegetable Bake (v)</i><br><br>Arctic Roll & Peaches<br>Yoghurt or Fresh Fruit  |
| Friday    | Sausages, Mash and Onion Gravy<br>Broccoli<br>Cauliflower<br>50/50 Bread<br><i>Jacket Potato (v)</i><br><br>Jam Sponge & Custard<br>Yoghurt or Fresh Fruit   | Fish Fingers<br>Peas & Baked Beans<br>Chipped Potatoes<br>Wholemeal Bread<br><i>Cheese &amp; Potato Croquette (v)</i><br><br>Plum Upside Down Pudding & Custard<br>Yoghurt or Fresh Fruit | Pizza Margareta<br>Potato Wedges<br>Peas<br>Carrot & Orange Salad<br><i>Jacket Potato (v)</i><br><br>Chocolate Semolina & Mandarins<br>Yoghurt or Fresh Fruit   |