

SUMMER/AUTUMN MENU 2019



Meat Free Monday

Traditional Tuesday

World Food Wednesday

Thursday Favourites

Fish Friday

Week 1

Homemade Pizza Slices
Jacket Potato Selection
Pasta & Sauce
Baked Jacket Wedges
Mini Corn on the Cob

Blueberry Frozen Yoghurt
with Seasonal Salad

Roast Dinner & Gravy
Cheese Omelette
Pasta & Sauce
Roast & Mashed Potatoes
Spring Cabbage & Carrots

Cheese & Crackers with
Vegetable & Fruit Sticks

Chicken Curry
Pasta & Sauce
Sandwich Selection
Sunshine Vegetable Rice
Mixed Salad

Chocolate & Beetroot Muffin

Bolognaise
Vegetarian Sausage
Pasta & Sauce
Sandwich Selection
Wholemeal Spaghetti
Green Beans
Homemade Fruity Cereal Bar

Birdseye Fish Fingers
with Lemon Mayo Dip
Jacket Potato Selection
Pasta & Sauce
Sweet Potato Wedges
Rice
Baked Beans

Jelly & Fruit

Week 2

Cheese Flan
Jacket Potato Selection
Pasta & Sauce
Jacket Wedges
Plum Tomatoes
Baked Beans

Strawberry & Kiwi Mousse

Baked Sausages & Onion Gravy
Pasta & Sauce
Sandwich Selection
Mashed Potatoes
Carrots

Fruity Cookie

Tandoori Chicken
Pasta & Sauce
Sandwich Selection
Sunshine Rice
Mini Corn on the Cob

Chocolate Frozen Yoghurt
with Peaches

Shepherd's Pie
Jacket Potato Selection
Pasta & Sauce
Sliced Malted Bloomer
Sugar Snap Peas

Cheese & Crackers with
Vegetable & Fruit Sticks

Bubble Fish Fillet
Jacket Potato Selection
Pasta & Sauce
Chips
Peas

Homemade Muffin

Week 3

Homemade Pizza Slices
Jacket Potato Selection
Pasta & Sauce
Sauté Potatoes
Super Sweet Sweetcorn

Fruit Salad with Yoghurt

Sausage & Bean Hotpot
Pasta & Sauce
Sandwich Selection
Tomato Bread
Green Beans

Homemade Muffin

Homemade Lamb Curry
Jacket Potato Selection
Pasta & Sauce
Sunshine Rice
Mixed Vegetables

Fruit Salad with Mango
Frozen Yoghurt

Sweet Chilli Chicken
Pasta & Sauce
Sandwich Selection
Sweet Potato Wedges
Crunchy Carrot
& Cucumber Sticks

Chocolate & Mandarin Mousse

Seaside Vinegar Salmon
Goujon
Jacket Potato Selection
Pasta & Sauce
Creamed Potatoes
Baked Beans

Arctic Roll with Fruit

The Fresh Fayre Gang – making your school dinners taste great!

Rodney House