

Callowell School Lunch Menu Autumn 2019 – Provided by Caterlink

Week Commencing 2nd September, 23rd September, 14th October, 11th November & 2nd December

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Tomato Pizza	Sausage & Mash	Roast Chicken & Roast Potatoes	Chicken Pasta Bake	MSC Fish Fingers with Chips
Quorn Sausage & Potato Wedges	Five Bean Chilli with 50/50 Rice	Mixed Vegetable Loaf & Roast Potatoes	Vegetable Cottage Pie	Spinach & Tomato Quiche with Chips
Baked Bean Jacket Potato	Tomato Soup & Ham Baguette	Tuna Jacket Potato	Vegetable Soup & Cheese Baguette	Cheese Jacket Potato
Pear Sponge & Custard	Iced Sponge	Chocolate Shortbread	Apple Crumble with Custard	Jelly

Week Commencing 9th September, 30th September, 21st October, 18th November & 9th December

Monday	Tuesday	Wednesday	Thursday	Friday
Roasted Vegetable Pizza	Cottage Pie	Roast Gammon with Roast Potatoes	Chicken Tagine with Couscous	Fishwich with Chips
Vegetable Tagine with Couscous	Vegetarian Quorn Spaghetti Bolognaise	Vegetable Wellington with Roast Potatoes	Macaroni Cheese	Red Pepper Frittata with Chips
Baked Bean Jacket Potato	Tomato Soup & Ham Baguette	Tuna Jacket Potato	Vegetable Soup & Cheese Baguette	Cheese Jacket Potato
Fruit Crumble with Custard	Chocolate & Beetroot Brownie	Carrot Cake	Ginger Sponge with Custard	Choc Crunch

Week Commencing 16th September, 7th October, 4th November, 25th November & 16th December

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Pepper Pizza	Chicken Pie with Mashed Potato	Roast Pork with Roast Potatoes	Spaghetti Bolognaise with Garlic Bread	MSC Battered Fish with Chips
Bean & lentil Burger with New Potatoes	Roasted Cauliflower Curru with Rice	Quorn Fillet with Roast Potatoes	Cheese & Pepper Whirl	Vegetable Pasta Bake with Chips
Baked Bean Jacket Potato	Tomato Soup & Ham Baguette	Tuna Jacket Potato	Vegetable Soup & Cheese Baguette	Cheese Jacket Potato
Fruit Pie with Custard	Apple Flapjack	Orange Drizzle Cake	Chocolate and Mandarin Sponge in Chocolate Sauce	Shortbread