



Autumn/Winter 2019 Menu Week One

Aston All Saints C of E Primary

| Primary Menu Week One | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------|---|--|--|--|---|
| Main Course 1 | Traditional Sausage & Mash | Winter Chicken Casserole With Boiled Potatoes | Roast of the Day & all the trimmings | British Savoury Beef & onion pie with Mash | Battered Fish Fillet and chips with tomato ketchup |
| Main Course 2 | Pasta Bolognese with veggie mince | Margherita Pizza with ½ Jacket Potato | Chickpea & lentil roast or Quorn roast & all the trimmings | (Organic) Mac n Cheese (v) | Vegetable curry & wholegrain rice (v) |
| Vegetables | Cauliflower Mixed vegetables | Broccoli Winter Coleslaw | Savoy cabbage Sweetcorn | Green beans Carrots | Garden peas Baked beans |
| Jacket Potato Option | Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans, Jacket of the Day | | | | |
| Sandwiches | Fresh Sandwiches made daily on wholemeal bread or Baguettes with a choice of fillings: Tuna, Cheese, Ham or Egg | | | | |
| Dessert | Ginger Sponge Vanilla Sauce/Custard | Fruity Flapjack & Apple Slices 50% | Chocolate Sponge & Chocolate Sauce | Jam Sponge & Custard | Oaty Biscuit/Shortbread & Fruit Wedges 50% |

Available Daily Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts





Autumn/Winter 2019 Menu Week Two

Aston All Saints C of E Primary

| Primary Menu Week Two | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------|---|--|---|--|--|
| Main Course 1 | Beef & Tomato Meatballs in Tomato Sauce with (organic pasta) | British mild Chicken curry with brown rice | Roast of the day with all the trimmings | (Organic) Beef Pasta Bolognese & Garlic bread | MSC Salmon Fish fingers or MSC Pollack Fish Fingers and chips & tomato ketchup |
| Main Course 2 | Wholemeal Pizza Slice Half Jacket Potato(v) | Tomato and Basil pasta NDP | Quorn roast & all the trimmings Or Chick pea & lentil roast (v) | British Cheddar Quiche/Flan Or Vegetable grill with homemade potato wedges (v) | Quorn fajita & chips or Vegetable sausage fajita |
| Vegetables | Garden peas Fresh salad | Carrots Green beans | Cauliflower Mixed vegetables | Broccoli Sweetcorn | Garden peas Baked beans |
| Jacket Potato Option | Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans, Jacket of the Day | | | | |
| Sandwiches | Fresh Sandwiches made daily on wholemeal bread or Baguettes with a choice of fillings: Tuna, Cheese, Ham or Egg | | | | |
| Dessert | Hot Chocolate Fudge Cake with Custard | Cornflake Tart & Custard | Shortbread & Fruit 50% | Feathered Jam Sponge & Custard | Ginger & Mandarin Muffin 50% |

Available Daily Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts





Autumn/Winter 2019 Menu Week Three

Aston All Saints C of E Primary

| Primary Menu Week Three | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------|---|-----------------------------|---|---|--|
| Main Course 1 | Beef burger in a Bun Homemade Wedges | Shepherds/Cottage pie | Roast of the day & all the trimmings/Plain | Homemade Chicken Pie & mash | MSC Fish fingers and Chips with Tomato Ketchup |
| Main Course 2 | Veggie mince chilli with wholegrain rice | Cheesy Margherita pizza (v) | Quorn Roast & all the trimmings or Chick Pea & lentil roast (v) | Tomato, vegetable sausage & (Organic) macaroni Bake | Vegetable enchilada served with Chips (v) |
| Vegetables | Sweetcorn Carrots | Broccoli Fresh Salad | Cauliflower Garden Peas | Mixed Vegetables Savoy Cabbage | Garden Peas Baked Beans |
| Jacket Potato Option | Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans, Jacket of the Day | | | | |
| Sandwiches | Fresh Sandwiches made daily on wholemeal bread or Baguettes with a choice of fillings: Tuna, Cheese, Ham or Egg | | | | |
| Dessert | Apple Crumble served with custard 50% | Lemon Slice with Milk | Chocolate Crunch served with Custard | Marble Sponge served with Custard | Crunchy Biscuit served with Apple Slices 50% |

Available Daily

Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts

