



Autumn Term Menu 2019



	WEEK 1 served w/c: 2nd & 23rd Sept, 14th Oct, 11th Nov, 2nd Dec	WEEK 2 served w/c: 9th & 30th Sept, 21st Oct, 18th Nov, 9th Dec	WEEK 3 served w/c: 16th Sept, 7th Oct, 4th & 25th Nov, 16th Dec
M O N D A Y	Organic Beef Meatballs in Tomato Sauce with Pasta Broccoli & Sweetcorn 50/50 Bread ***** Chocolate Surprise Muffin Fresh Fruit or Organic Yoghurt	Pasta Bolognese Peas & Sweetcorn Tomato Bread ***** Fresh Fruit Platter or Yoghurt	Tuna & Sweetcorn Slice Diced Potatoes Baked Beans Carrot Sticks Sliced Wholemeal Bread **** Cheese & Crackers with fruit, Fresh Fruit or Yoghurt
T U E S D A Y	Chicken Korma & Rice Cauliflower & Green Beans Naan Bread **** Sticky Date & Apple Bars with Custard Fresh Fruit or Organic Yoghurt	Popeye Pinwheel Pizza Italian Pasta Salad Grated Carrot Chipped Potatoes **** Chocolate Orange Sponge & Chocolate Sauce Fresh Fruit or Organic Yoghurt	Beef Hot Pot Sweet Potato Mash Savoy Cabbage & Carrots Sunflower Seed Bread ***** Rice Pudding with Peaches Fresh Fruit or Yoghurt
W E D N E S D A Y	Sausage, Mash & Onion Gravy Mixed Greens Carrots Sliced Wholemeal Bread ***** Cheese, Crackers & Apple Fresh Fruit or Yoghurt	Roast Beef & Yorkshire Pudding Carrots & Roast Parsnips Creamed Potatoes Herbie Bread ***** Fresh Fruit or Yoghurt	Chicken & Vegetable Pie Jacket Potato Medley of Vegetables Crusty Bread **** Apple Berry Fool Fresh Fruit or Yoghurt
T H U R S D A Y	Cottage Pie Broccoli & Winter Red Coleslaw Crusty Bread ***** Fruity Gingerbread & Custard Fresh Fruit or Organic Yoghurt	Moroccan Chicken Cous Cous Veg Sticks Apricot Seed Bread *** Raspberry Bun & Cheese Fresh Fruit or Organic Yoghurt	Mexican Minced Pork Wraps Vegetable Rice Spanish Coleslaw Green Salad ***** Pineapple Shortcake & Natural Yoghurt Fresh Fruit or Organic Yoghurt
F R I D A Y	Crispy Battered Fish Baked Beans Chipped Potatoes Sunflower Seed Bread **** Fresh Fruit Salad Fresh Fruit or Yoghurt	Crunchy Salmon Nibbles Tomato Sauce Broccoli & Carrots Potato Wedges Pumpkin Seed Bread ***** Oaty Apple Crumble with Custard Fresh Fruit or Organic Yoghurt	Fish Fingers Peas & Sweetcorn Chipped Potatoes Wholemeal Bread ***** Winter Sponge & Custard Fresh Fruit or Organic Yoghurt

JACKET POTATOS WITH CHEESE, BEANS OR TUNA SERVED DAILY

SANDWICHES WITH FILLINGS: CHEESE, CHICKEN, HAM OR TUNA SERVED DAILY

SALAD (Lettuce, cucumber, tomato, peppers, carrots & apple) IS SERVED EVERYDAY
Very occasionally due to circumstances beyond our control it may be necessary to change the menu