



Asterdale Primary School Autumn Menu 2019






Week 3	Weeks Commencing: 22.09.19, 14.10.19				
	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Meat Choice	Chicken Pie Carrots and Cabbage Gravy Mashed Potatoes New Potatoes	Bolognaise Pasta Garlic Bread Broccoli and Carrots	Cheesy Scrolls Potato Wedges Baked Beans Sweetcorn	Roast Beef Yorkshire Pudding Carrots, Peas and Brussels Mashed Potatoes New Potatoes	Small Battered Fish Chips Mushy Peas Sweetcorn
Option 2 Vegetarian Choice	Quorn Sausage Roll	Pasta Bake Jacket Potatoes	Salmon Wraps Jacket Potatoes	Quorn Sausage	Quorn Nuggets Jacket Potatoes
Dessert of the Day	Orange Jelly	Pineapple Sponge or Plain Sponge with Custard	Artic Roll	Cornflour Bisuits	Iced Vanilla Sponge
Alternative	Fresh fruit will be available daily. A selection of fruit yogurts will also be available daily.				
Added Extras	 Unlimited fresh bread. Self-serve salad bar with a variety of salad items will be available daily.				

Note: Special diets can be catered for and full allergen information is available on request. Please see Catering Supervisor for more information



Asterdale Primary School Autumn Menu 2019




Week 1	Weeks Commencing: 09.09.19, 30.09.19, 21.10.19				
	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Meat Choice	Chicken Pasta Bake Garlic Bread Broccoli Carrots	BBQ Chicken Breast Rice Sweetcorn Peas Jacket Potato	Sausage Roll Boiled Potatoes Swede Carrots Gravy	Gammon and Pineapple Mashed Potato New Potato Broccoli Cauliflower Cheese	Salmon Bites Chips Mushy Peas Sweetcorn
Option 2 Vegetarian Choice	Tomato Pasta Bake	Cheese and Bean Bake	Vegetarian Sausage Roll Jacket Potato	Macaroni Cheese	Quorn Best of British Sausage
Dessert of the Day	Strawberry Mousse	Rice Pudding With Strawberry Sauce	Fruit or Plain Muffin	Healthy Chocolate Cake Custard	Raspberry Ripple Icecream
Alternative	Fresh fruit will be available daily. A selection of fruit yogurts will also be available daily. 				
Added Extras	 Unlimited fresh bread. Self-serve salad bar with a variety of salad items will be available daily. 				

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Week 2	Weeks Commencing: 16.09.19, 07.10.19				
	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Meat Choice	Meatballs Pasta Peas Carrots Jacket Potato	Chicken Tikka Curry Rice Jacket Potato Sweetcorn Green Beens	100% Beef Grills Herby Dice Spaghetti Peas New potato Gravy	Roast Chicken Stuffing Mash Potato Broccoli Cauliflower	Fish Fingers Chips Mushy Peas Sweetcorn Jacket Potato
Option 2 Vegetarian Choice	Quorn Meatballs	Quorn Sausage	Vegetarian Burger	Quorn Fillets	Vegetable Fingers
Dessert of the Day	Jam Tart Custard	Rice Crispy Cake	Cheese and Crackers	Scones Fruit or Plain	Pip Pip Hooray Ice Lolly 100% Organic No added sugar
Alternative	Fresh fruit will be available daily. A selection of fruit yogurts will also be available daily.				
Added Extras		Unlimited fresh bread. Self-serve salad bar with a variety of salad items will be available daily.			

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