

**Year 6 Menu - The Grab 'n' Go Menu  
October – December 2018**

|               | <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>  |
|---------------|--|---|---|---|--|
| <b>w/c</b>    |  |   |   |   |  |
| <b>Week 1</b> | <p>Sweet chilli chicken pasta</p> <p>Chicken, Sweetcorn &amp; Bacon mixed with mayo and pasta</p>  | <p>Spicy vegetable rice pilaf</p> <p>Rice cooked in an aromatic blend of spices mixed with fresh vegetables. Served with salad from the salad bar</p> | <p>Fish dog</p> <p>Pollock battered wrapped in a chip shop style batter served in hot dog roll with ketchup</p>                       | <p>Beef fajita with salad</p> <p>Strips of beef cooked in fajita sauce with fresh vegetables served in a warm tortilla boat with fresh salsa.</p> | <p>Cheese &amp; tomato Pizzinis with salad</p> <p>Cheese &amp; tomato based pizza pocket. Served with salad from the salad bar</p>     |
| <b>Week 2</b> | <p>Fish finger wrap</p> <p>Three fish fingers in a wrap served with mixed leaves and mayonnaise</p>  | <p>Hot dog with tomato sauce &amp; potato waffles</p> <p>Pork sausages in a hot dog roll served with homemade tomato sauce &amp; potato waffles</p>   | <p>Hoi sin vegetable noodle</p> <p>Fresh vegetables cooked in hoi sin sauce served on a bed of noodles</p>                            | <p>Beef chilli rice</p> <p>Beef chilli with rice served with flatbread. Served with salad from the salad bar</p>                                  | <p>Chicken burger</p> <p>Crispy chicken burger in a bun served with diced potatoes</p>   |
| <b>Week 3</b> | <p>Katsu chicken curry &amp; naan bread</p> <p>Breaded chicken goujons with a Katsu style sauce. Served with rice and naan bread and mango chutney</p> | <p>Meatball marinara sub with salad</p> <p>Beef meatballs cooked in a marinara sauce in a warm sub roll. Served with salad from the salad bar</p>     | <p>BBQ pulled pork burrito</p> <p>Pulled pork cooked in BBQ sauce, rice, peppers, sweetcorn &amp; peas. Served in a tortilla wrap</p> | <p>Tuna &amp; cheese panini</p> <p>A hot melt served with salad from the salad bar</p>  | <p>Arrabiata pasta &amp; garlic bread fingers</p> <p>Fusilli pasta in an Italian spicy sauce for pasta made from garlic, tomatoes.</p> |