

Autumn Term 2018

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Chicken Sausages with Mashed Potato & Gravy	Beef Goulash with Steamed Rice	Roast Chicken, Stuffing, Roast Potatoes and Gravy	Beef Lasagne	MSC Fish Fingers
Main 2	Vege Sausages with Mashed Potato & Gravy	Quorn Korma with Rice	Lentil Roast	Macaroni Cheese	Cheese and Leek Pasty
Potato/Carb 1	New potatoes with Chives	Rice as above	Roast Potatoes	Garlic Bread	Chips
Veg 1	Sweetcorn	Green Beans	Sliced Carrots	Cauliflower	Baked Beans
Vegetable 2	Garden Peas	Shredded Carrots	Cabbage	Broccoli Florets	Baked Courgettes
Dessert	Rice Pudding with Seasonal Berries	Peach Crumble and Custard	Lemon Drizzle	Pineapple Upside Down Cake with Custard	Chocolate Sponge with Chocolate Sauce
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Piri Piri Chicken with Vegetable Rice	Battered MSC Fish and Chips	Cottage Pie	Sweet & Sour Chicken with Rice	Spagetti Bolognaise
Main 2	Vegetable Buritto with Rice	Cauliflower Cheese	Quorn Shepherd's Pie	Quorn Paella	Vegetable Bolognaise
Potato/Carb 1	Rice as above	Chips	Mashed Potato	Rice	Pasta
Vegetable 1	Baked Beans	Sweetcorn	Medley of Vegetables	Shredded Carrots	Cauliflower
Vegetable 2	Oven Baked Tomato	Broccoli	Salad Bar	Garden Peas	Green Beans
Dessert	Banana Custard	Apple Crumble and Custard	Syrup Sponge and Custard	Courgette and Lime Cake	Flapjack
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Jamaican Lamb Pie with New Potatoes	Chicken Tikka Masala with Rice	Roast Beef, Thyme Gravy and Roast Potatoes	Chicken Pasta Bake with Garlic and Herb Slice	Cheese and Tomato Pizza with Oven Baked Wedges
Main 2	Tuna & Corn Empanada & Chips	Mackerel Kedgerree	Mushroom & Chickpea Burger	Sweet Lentil Tomato Pasta	As above
Potato/Carb 1	New Potatoes/ Chips	Steamed Rice	Roast Potatoes	Pasta as above	Baked Wedges
Vegetable 1	Garden Peas	Shredded Carrots	Broccoli	Medley of Vegetables	Sweetcorn with Peppers
Vegetable 2	Cauliflower	Green Beans	Sliced Carrots	Salad Bar	Baked Courgettes
Dessert	Shortbread and Yogurt	Victoria Sponge and Custard	Butternut Squash and Orange Cake	Orange Jelly with Peaches	Chocolate & Pear Sponge with Chocolate Sauce