

# Autumn Term 2021

# Lunch Menu

WEEKS 1, 4, 7, 10, 13					
	Monday	Tuesday	Wednesday	Thursday	Friday
Snacks	Rice cakes	Banana sponge	Cookies	Tea Cake	Sausage rolls
Pre Prep Snacks	Fruit / Breadsticks / Popcorn / Cheese				
Main Meal	Pasta bar Chicken and sweetcorn Tomato, red pepper and basil	Mexican chicken With Salsa Guacamole Sour Cream	Roast Turkey with Cranberry Sauce Gravy	Stir Fried Beef Egg Noodles or Tuna & Sweetcorn Pasta Bake	Battered Cod with Tartar Sauce and Lemons
Vegetarian Option	Pasta Bar Creamy pesto	Mexican mixed bean and vegetables	Red onion tomato and feta Frittata	Flat mushrooms stuffed with spicy Quorn	Sun dried Tomato, mozzarella & basil puff pastry tart
Side Dishes	Roast thyme carrots Sugar snap peas Garlic Bread Parmesan	Stir fried rice Tacos Sweetcorn Whole green beans	Roast potatoes Cabbage Broccoli Yorkshire pudding	Steamed carrots Roasted sweetcorn	Chunky chips Peas Low salt/sugar beans
Help Yourself Protein	Ham, Cheese, Tuna	Cheese, Egg, Salami	Mackerel, Cheese, Egg	Ham, Cheese, Tuna	Ham, Cheese, Egg
Alternative Carb	50/50 Pasta	Baked potato	50/50 Penne pasta	Baked potato	Pasta spirals
Desserts	Jam and Coconut Sponge	Fresh fruit pots Yoghurt	Apple and Berry Crumble	Fresh fruit pots Yoghurt	Chocolate Brownie
	Served daily: Fruit yoghurt, fresh fruit pots				
Salad Help Yourself	Carrot sticks, cucumber, tomatoes, lettuce, peppers, served in individual pots Freshly baked bread				

# Autumn Term 2021

# Lunch Menu



WEEKS 2, 5, 8, 11					
	Monday	Tuesday	Wednesday	Thursday	Friday
Snacks	Chocolate sponge	Cheese and marmite pinwheels	Cookie	Pitta bread pizza	flapjack
Pre Prep Snacks	Fruit / Breadsticks / Popcorn / Cheese				
Main Meal	Beef Lasagne	Mince Lamb and Root Veg Pie	Honey Roast Gammon	Mild Chicken Curry With Naan Bread Shards	Fish Fingers
Vegetarian Option	Red lentil and roast veg lasagne	Roasted beetroot parsnip carrot herbed crumb	Roasted Butternut squash Risotto with Fresh herbs	Sweet Potato and Chickpea curry	Tomato mozzarella and basil bruschetta
Side Dishes	Garlic bread Summer leaf salad Sugar snap	peas Broccoli New potatoes Gravy	Green beans Battered carrots Roast potatoes Stuffing Balls	Turmeric rice Steamed carrot Sweetcorn Mango chutney Riata	Chips peas baked beans
Help Yourself Protein	Ham, Cheese, Egg	Egg, Cheese, Tuna	Ham, Cheese	Cheese, Tuna, Salami	Cheese, Egg
Alternative carb	Jacket potato	50/50 pasta	Baked potato	Baked potato	50/50 Penne pasta
Desserts	Apricot and White Chocolate Flapjack	Fresh fruit Yoghurt	Mixed Berry Mousse	Fresh fruit pots Yoghurt	Lemon Drizzle Cake
	Served daily: Fruit yoghurt, fresh fruit				
Salad Help Yourself	Carrot sticks, cucumber, tomatoes, lettuce, pepper. served in individual pots Freshly baked bread				

# Autumn Term 2021

# Lunch Menu



<b>WEEKS 3, 6, 9, 12</b>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Snacks	Seeded flapjack	Cookies	Belgian waffle	Sausage roll	Shortbread
Pre Prep Snacks	Fruit / Breadsticks / Popcorn / Cheese				
Main Meal	Spaghetti Bolognese & Parmesan Cheese	Sausage and Rosemary Mash potato	Roast of the Week	BBQ Chicken Thighs or baked Cod & Potato Pie	Beef Burgers
Vegetarian Option	Warm Pesto Pasta with roasted cherry tomatoes and rocket	Vegetable Quorn sausages	Cauliflower, Broccoli, Brie Cheese Herb Crumb	BBQ Five Bean and sweet potato bake	Falafel and Spinach Burger
Side Dishes	Sweetcorn Battered carrots Garlic bread	Steamed peas Braised red cabbage Onion gravy	Carrots Green beans Roast potatoes	Lemon rice Broccoli sweetcorn	Chips Baked beans
Help Yourself Protein	Cheese, Ham, Tuna	Cheese, Tuna, Egg	Egg, Cheese, Mackerel	Ham, Cheese, Tuna	Sliced Cheese, Ham, Egg
Alternative carb	Jacket potato	50/50 Pasta spirals	50/50 Penne pasta	50/50 Pasta	Jacket potato
Desserts	Vanilla sponge and custard	Fresh fruit Yoghurt pots	Strawberry Cheesecake	Fresh fruit pots Fruit yoghurt	Chocolate Flapjack
	Served daily: Fruit yoghurt, fresh fruit pots				
Help yourself Salad	Carrot sticks, cucumber, tomatoes, lettuce, peppers, served in individual pots Freshly baked bread				