

SCHOOL LUNCH MENU: AUTUMN 2019 - FIRST HALF TERM

| WEEKS 1, 4 & 7 w/c 5 Sept, 23 Sept, 14 Oct | Main meal (pink band) | Meat-free meal (green band) | Pasta pot (orange band) | Jacket potato (blue band) | Dessert |
|--|--|---|---|---|---------------------------------------|
| MONDAY | Beef lasagne with garlic bread | Veggie quorn lasagne with garlic bread | Pasta with tomato sauce and optional cheese | Children can have a choice of toppings:- baked beans, tuna mayonnaise, coleslaw, grated cheese | Pineapple cake with cream |
| TUESDAY | Roast pork with roast potatoes and gravy | Cheese and leek quiche with vegetables | Pasta with nut-free pesto and optional cheese | | Blackberry and apple pie with custard |
| WEDNESDAY | Chicken kiev with salad | Vegetable kiev with salad | Pasta with tomato sauce and optional cheese | | Apricot flapjacks |
| THURSDAY | Mild chilli con carne with rice | Vegetable and quorn enchilada with rice | Pasta with nut-free pesto and optional cheese | | Raspberry ripple cake |
| FRIDAY | Breaded fish with chips and peas | Cheese and onion puffs with peas | Pasta with tomato sauce and optional cheese | | Mandarin jelly |

| WEEKS 2, 5 & 8 w/c 9 Sept, 30 Sept, 21 Oct | Main meal (pink band) | Meat-free meal (green band) | Pasta pot (orange band) | Jacket potato (blue band) | Dessert |
|--|--|--|---|---|-------------------------------|
| MONDAY | Spaghetti with beef bolognese and garlic bread | Spaghetti with vegetarian bolognese and garlic bread | Pasta with nut-free pesto and optional cheese | Children can have a choice of toppings:- baked beans, tuna mayonnaise, coleslaw, grated cheese | Lemon cake |
| TUESDAY | Pork sausage in a roll with salad | Red onion soya sausage in a roll with salad | Pasta with tomato sauce and optional cheese | | Fruit shortcake |
| WEDNESDAY | Spicy tomato chicken with savoury rice | Margarita pizza with salad | Pasta with nut-free pesto and optional cheese | | Ice cream and fruit |
| THURSDAY | Roast turkey with potatoes and vegetables | Roast quorn fillets with potatoes and vegetables | Pasta with tomato sauce and optional cheese | | Blueberry muffins |
| FRIDAY | Fish fingers with chips and beans | Veggie nuggets with chips and beans | Pasta with nut-free pesto and optional cheese | | Pancakes with raspberry sauce |

| WEEK 3 & 6 w/c 16 Sept & 7 Oct | Main meal (pink band) | Meat-free meal (green band) | Pasta pot (orange band) | Jacket potato (blue band) | Dessert |
|-----------------------------------|--|---|---|---|--------------------------------|
| MONDAY | Pasta with beef meatballs in tomato sauce and garlic bread | Pasta with veggie soya balls in tomato sauce and garlic bread | Pasta with tomato sauce and optional cheese | Children can have a choice of toppings:- baked beans, tuna mayonnaise, coleslaw, grated cheese | Marble cake with custard |
| TUESDAY | Mac and cheese with pork lardons and vegetables | Macaroni and cheese with vegetables | Pasta with nut-free pesto and optional cheese | | Fruit cookies |
| WEDNESDAY | Chicken chow mein with noodles | Quorn chow mein with noodles | Pasta with tomato sauce and optional cheese | | Brownie cake with fruit slices |
| THURSDAY | Beef burger in a bun with crunchy salad | Veggie burger in a bun with crunchy salad | Pasta with nut-free pesto and optional cheese | | Cheese and biscuits |
| FRIDAY | Fish cake with wedges and ketchup | Cheese and tomato omelette with wedges and ketchup | Pasta with tomato sauce and optional cheese | | Waffles with strawberries |

*Wholemeal pasta or noodles

- All meals are served with fresh seasonal vegetables on the side if not incorporated in the dish
- A mixed salad bar, a selection of fruits and a bread basket are available every day
- Yoghurts are available as an alternative dessert
- Semi-skimmed milk is offered as an optional drink