

WHOLE SCHOOL

Autumn menu

Monday

Roasted red pepper
and tomato soup

Chicken Shawarma
flatbread

Neapolitan beany pasta

Jacket potatoes

Mediterranean broccoli and
peppers

Peach shortcake crumble
Low fat yoghurt pot
Chocolate Brownie

Tuesday

Carrot and coriander soup

Thai green chicken curry

Tofu, vegetable and black
bean stir fry

Pasta bolognese

50 / 50 Rice
Kale, chilli & mange tout
Prawn crackers

Carrot cake muffins
Low fat yoghurt pot
Freshly baked cookies

Wednesday

Spicy butternut squash
soup

Baked gammon with
pineapple

Sweet potato & chickpea
roast

Jacket potatoes

Roast potatoes
Carrots & Cabbage

Chocolate and coconut jam
sponge
Tropical fruit jelly

Thursday

Mushroom soup

Turkey and leek pie

Shepherdess pie

Mac n Cheese bar
with assorted toppings

New potatoes
Green beans
Roasted butternut squash

Strawberry Jelly
Fruit slice
Low fat yoghurt pot

Friday

Thai sweet potato soup

Friday fish bar

Feta and beetroot burger

Jacket potatoes

Chips
Garden peas
Sweetcorn

Raspberry yoghurt cake
Orange jelly
Low fat yoghurt pot

A selection of salads will be available each day.

WEEK
COMMENCING
6TH SEPTEMBER

All our meals are freshly made

WHOLE SCHOOL

Autumn menu

Monday

Creamed sweetcorn soup
Chicken chow mein
Vegetable chow mein
Jacket potatoes
Prawn crackers
Stir fried greens
Apple crumble
Low fat yoghurt and fruit
Assorted jellies

Tuesday

Spiced chickpea & coconut
soup
Traditional cottage pie
Turkey meatballs in tomato
sauce
Vegan meatballs in tomato
sauce
Wholemeal pasta
Green beans
Sweetcorn
Chocolate brownie
Low fat yoghurt and fruit
Assorted jellies

Wednesday

Tomato and Mediterranean
vegetable soup
Roast pork
Quorn roast
Jacket potatoes
Ratatouille
Roast potatoes
Carrots & Cauliflower
Lemon and blueberry
drizzle cake
Fruit in jelly
Low fat yoghurt and fruit

Thursday

Red lentil soup
Beef lasagne
Mediterranean vegetable
lasagne
Wholemeal pasta
Roasted peppers and
courgettes
Garlic bread
Lime Jelly
Marble cake with chocolate
sauce
Low fat yoghurt pot

Friday

Leek and potato soup
Cod goujons or Battered
pollock
Butternut squash and
harissa tagine
Jacket potatoes
Chips or Persian rice
Garden peas
Baked beans
Maggie's Apple cake
Raspberry trifle
Low fat yoghurt pot

A selection of salads will be available each day.

WEEK
COMMENCING
13TH SEPTEMBER

All our meals are freshly made

WHOLE SCHOOL

Autumn menu

Monday

Butternut and coriander soup
Italian chicken and tomato
Veggie bolognese
Wholemeal pasta
Garlic bread
Green beans
Jam sponge & custard
Low fat yoghurt and fruit
Fruit trifle

Tuesday

Courgette and pea soup
Breaded chicken katsu
Tofu Katsu curry
Jacket potatoes
50/50 rice
Pad ped Jay
Sweetcorn
Apple and blackberry crumble
Low fat yoghurt and fruit
Assorted jellies

Wednesday

Tomato and basil soup
Roast turkey
Spinach curry
Jacket potatoes
Roast potatoes
50/50 rice
Broccoli & carrots
Steamed chocolate sponge & chocolate sauce
Assorted Jellies
Low fat yoghurt and fruit

Thursday

Green giant soup
Mandarin barbecued pork
Yellow vegetable curry
Wholemeal pasta & tomato sauce
50/50 rice
Stir fried Vegetables
Pak choi
Lime Jelly
Baked cheesecake
Low fat yoghurt and fruit

Friday

Sweet potato and carrot soup
Cod goujons or Battered pollock
Mexican black bean stew
Jacket potatoes
Chips or 50/50 rice
Garden peas
Baked beans
Orange and chocolate chip shortbread
Assorted Jellies
Low fat yoghurt and fruit

A selection of salads will be available each day.

WEEK
COMMENCING
20TH SEPTEMBER

All our meals are freshly made