

Main School AUTUMN TERM MENUS 2019

These weekly menus rotate throughout the autumn term, including the Holiday Club weeks which are highlighted in yellow.

AVAILABLE EVERY DAY

BREAKFAST:
Selection of cereals, toast, jam and spreads, yoghurt and fruit juice.

SNACK:
Fresh fruit
Milk

LUNCH:
Salad
Baked potato as an alternative.

OWLS & CLUB TEA:
Variety of sandwiches. Biscuit, cake or pastries
Fresh fruit, milk

✓ Indicates that a vegetarian option is available as soya or equivalent.

* Indicates Halal equivalent available.

Our kitchen uses seasonal, locally sourced ingredients.

	WEEK 1 2 nd Sept 23 rd Sept 14 th Oct 11 th Nov 2 nd Dec	WEEK 2 9 th Sept 30 th Sept 28 th Oct 18 th Nov 9 th Dec	WEEK 3 16 th Sept 7 th Oct 4 th Nov 25 th Nov 16 th Dec
MONDAY	Breakfast option: Scrambled eggs Snack: Cheese & crackers Lunch: Teriyaki style beef*✓ or vegetable thai curry Noodles Sweetcorn Lemon & poppy seed cake & custard	Breakfast option: Mini croissant Snack: Breadsticks & raisins Lunch: Turkey bolognaise*✓ or Tortellini Spaghetti Mixed vegetables Ginger cake and custard	Breakfast option: Baked Beans Snack: Digestives Lunch: Caribbean chicken*✓ or Ratatouille Steamed rice Diced carrots Banana & chocolate flapjack square
TUESDAY	Breakfast option: Baked beans Snack: Biscuit & banana chips Lunch: Chicken & chorizo stew*✓ or Mushroom stroganoff Mashed potato Diced carrots Creamy rice pudding and chocolate drops	Breakfast option: Muffins Snack: Date cake square Lunch: Barbecued pork ✓ or Vegetable risotto Couscous or jacket potato Broccoli florets Lemon yoghurt mousse & biscuit curl	Breakfast option: Boiled eggs Snack: Breadstick & cheese Lunch: Savoury mince*✓ or Vegetable moussaka Herby dice potatoes Green beans Orange fudge pudding & cream
WEDNESDAY	Breakfast option: Mini croissant Snack: Breadsticks & raisins Lunch: Chilli con carne*✓ & taco or Veg and 5 bean chilli Steamed rice Cauliflower florets Apple & oat crumble & custard	Breakfast option: Baked beans Snack: Crackers & cheese Lunch: Seasoned roast chicken ✓ & gravy or Macaroni cheese Roast potatoes Steamed cabbage Chocolate sponge & chocolate sauce	Breakfast option: Crumpets Snack: Lemon Polenta cake Lunch: Tuna vegetable ✓ sauce or Lentil & veg pie Pasta and garlic bread Peas & corn Strawberry swirl cheesecake
THURSDAY	Breakfast option: Boiled eggs Snack: Carrot cake Lunch: Arrabiata chicken*✓ or Butternut squash lasagne Fusilli pasta Green beans Ice cream & butterscotch sauce	Breakfast option: Crumpets Snack: Apricot flapjack Lunch: Spanish sausages*✓ or Chickpea & vegetable bake Steamed rice Green beans Jelly and Viennese biscuit	Breakfast option: Scrambled eggs Snack: Crackers & cheese Lunch: Roast gammon or Cheese & courgette quiche Roast potatoes Broccoli florets Lemon tart & custard
FRIDAY	Breakfast option: Crumpets Snack: Marmite whirls Lunch: Cheese & tomato pizza ✓ or Potato & leek layer bake Skin on fries or wedges Baked beans and/or peas Chocolate crunch square	Breakfast option: Scrambled eggs Snack: Oat biscuit Lunch: Cod fillet fish fingers ✓ or Cheese & onion jackets Skin on fries or wedges Baked beans and/or peas Banana & blueberry muffin	Breakfast option: Toasted muffins Snack: Orange scones Lunch: Chicken bites*✓ & mayo or Spinach & ricotta cannelloni Skin on fries or wedges Baked beans and/or peas Double chocolate cookie

For all allergy advice please ask a member of the Catering team.