

Main School AUTUMN TERM MENU 2020

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

'Owls' Tea should be booked as a separate, additional session as part of our 'Larks & Owls' provision.

Our kitchen uses seasonal, locally sourced ingredients.

Fresh fruit and milk are offered with snack

GREEN indicates that a vegan option is available as mince or soya chunks.

✓ Indicates vegetarian option

	Week 1 31 Aug, 14 Sept, 28 Sept, 12 Oct, 2 Nov, 16 Nov, 30 Nov, 14 Dec	Week 2 7 Sept, 21 Sept, 5 Oct, 19 Oct, 9 Nov, 23 Nov, 7 Dec, 21 Dec
MONDAY	<p>Morning snack: Oatmeal biscuit Lunch: Turkey chilli con carne & taco or vegetable ratatouille ✓ Steamed rice + Green beans Lemon & poppy seed cake & custard Fresh fruit Afternoon snack: Bread & butter triangles</p> <p>'Owls' Tea: Jacket potato, beans, cheese & grated carrot Fruit platter</p>	<p>Morning snack: Breadsticks & raisins Lunch: Barbecued pork or mushroom enchilada ✓ Noodles, Broccoli florets Chocolate & pear crumble & sauce Fresh fruit Afternoon snack: Rich tea biscuit</p> <p>'Owls' Tea: Pitta cheesy pizza, baked beans & cucumber sticks Natural yoghurt & sauce</p>
TUESDAY	<p>Morning snack: Breadsticks & cheese bites Lunch: Tomato & veg sauce or roasted vegetable quiche ✓ Pasta & Garlic bread+ Sweetcorn Warm courgette brownie / Fresh fruit Afternoon snack: Rich tea biscuit</p> <p>'Owls' Tea: Shepherd's pie & gravy with green beans Ground rice pudding</p>	<p>Morning snack: Orange scones Lunch: Spanish sausages or spinach & ricotta tortellini ✓ Steamed rice, Green beans Apple flapjack squares / Fresh fruit Afternoon snack: Bread & butter</p> <p>'Owls' Tea: Chicken casserole, sweetcorn and couscous Bananas & custard</p>
WEDNESDAY	<p>Morning snack: Carrot cake squares Lunch: Mild chicken curry or Butternut & lentil curry ✓ Steamed rice/naan bread Cauliflower florets Vanilla ice cream and biscuit curl / Fresh fruit Afternoon snack: Breadstick & banana chips</p> <p>'Owls' Tea: Sausage, bean and veg casserole with bread & butter triangles Fromage frais</p>	<p>Morning snack: Lemon polenta cake Lunch: Beef bolognaise or aubergine, tomato & potato layer Penne pasta Diced carrots Shortbread biscuit / Fresh fruit Afternoon snack: Oatmeal biscuit</p> <p>'Owls' Tea: Salmon fishcakes, spaghetti hoops & mixed vegetables Fromage frais</p>
THURSDAY	<p>Morning snack: Marmite whirls Lunch: Roast gammon & gravy or crunchy macaroni cheese bake ✓ Roast potatoes Diced carrots & swede Jam shortbread and custard / Fresh fruit Afternoon snack: Digestive biscuit</p> <p>'Owls' Tea: Toast, spaghetti hoops and scrambled eggs Fruit platter</p>	<p>Morning snack: Oat & orange muffins Lunch: Moroccan chicken or vegetable and bean shepherd's pie ✓ Herb diced potatoes + Sweetcorn Marbled sponge and custard Fresh fruit Afternoon snack: Breadsticks & cheese</p> <p>'Owls' Tea: Meatballs in tomato sauce, pasta and green beans Natural yoghurt & sauce</p>
FRIDAY	<p>Morning snack: Crackers & cheese Lunch: Chicken fillet bites & garlic mayo or and gnocchi pepper bake ✓ Skin on fries or wedges Baked beans and/or peas Iced sponge with sprinkles / Fresh fruit Afternoon snack: Flapjack bites</p> <p>'Owls' Tea: Tuna & sweetcorn pasta bake with garlic bread Fromage frais</p>	<p>Morning snack: Cheese biscuit Lunch: Cod fillet fish fingers or cheese & onion turnovers ✓ Skin on fries or wedges Baked beans and/or peas Chocolate crunch squares + Fresh fruit Afternoon snack: Shortcake biscuit</p> <p>'Owls' Tea: Savoury mince, steamed rice and diced carrots Fruit platter</p>

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