

# Autumn MENU

Note: Vegetables vary according to season and availability.

Bread, fresh fruit and a salad bar is available daily.

For allergy and dietary help, please contact Miss Pallister in the school office

## MONDAY

Around the World

## TUESDAY

Pizza & Pasta

## WEDNESDAY

SCHOOL FAVOURITES

## THURSDAY

ROAST DINNER

## FRIDAY

FISHY FRIDAYS

### \* WEEK 1 \*

Weeks starting: 4th & 25th Sept, 16th Oct, 13th Nov, 4th Dec, 8th & 29th Jan

Hot Meal-	Chicken Curry	Tuna Pasta Bake	Beef Pie	Roast Gammon	Fish Cake
V Option-	V Curry	Margarita Pizza	Pasta Bake	Vegetarian Sausage	V Grill in Bun
Sandwich-	Tuna	Egg Mayo	Ham	Gammon Baguette	Cheese
Jacket-	Beans Jacket	Tuna Jacket	Cheese Jacket		
Dessert-	Chocolate Sponge	Rice Pudding	Berry Slice	Flapjack	Fun Fruit Friday

### \* WEEK 2 \*

Weeks starting: 11th Sept, 2nd & 30th Oct, 20th Nov, 11th Dec, 15th Jan, 5th Feb

Hot Meal-	Pasta Bolognaise	Ham Pizza	Chicken Pie	Roast Beef	Salmon Fingers
V Option-	V Chilli	Cheesy V Pasta	V Bake	Vegetarian Sausage	V Bolognaise
Sandwich-	Tuna	Egg Mayo	Ham	Beef Baguette	Cheese
Jacket-	Beans Jacket	Tuna Jacket	Cheese Jacket		
Dessert-	Jelly	Fruit Crumble	Jam Sponge	Choc Ice-cream Roll	Fun Fruit Friday

### \* WEEK 3 \*

Weeks starting: 18th Sep, 9th Oct, 6th & 27th Nov, 1st & 22nd Jan

Hot Meal-	Chicken Curry	Lasagne	Sausage & Mash	Roast Chicken	Fish & Chips
V Option-	Cheese Omelette	Margarita Pizza	V Casserole	Vegetarian Sausage	V Chilli Wrap
Sandwich-	Tuna	Egg Mayo	Ham	Chicken Baguette	Cheese
Jacket-	Beans Jacket	Tuna Jacket	Cheese Jacket		
Dessert-	Cheese Cake	Flapjack	Apple Sponge	Ice-cream & Fruit	Fun Fruit Friday

