

Autumn Term



Week 1 03/09/2017	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	<i>INSET DAY</i>	Beef Bolognese <i>with spaghetti and garlic bread</i>	Boneless Roast Chicken Thighs <i>served with Yorkshire pudding, roast potatoes and gravy</i>	Diced Pork in Black Bean Sauce <i>with braised rice</i>	Breaded Fish Fingers Or Steamed Pollack Fillets <i>lemon wedges and homemade tartare sauce</i>
Vegetarian		Cherry Tomato, Grilled Pepper and Red Onion Quiche <i>served with new potatoes</i>	Quorn Sausage Toad in the Hole <i>served with gravy</i>	Green Lentil and Smoked Pepper Sausage Rolls	Homemade Margherita Pizza
Alternative		Oven Baked Jacket Potato <i>with ratatouille</i>	Vegetarian Burrito with Soya Mince <i>with mildly spiced tomato sauce</i>	Wholemeal Pasta Penne <i>with basil and tomato sauce</i>	Oven Baked Jacket Potato <i>with Cheddar cheese or tuna mayonnaise</i>
Vegetables		Sauté Courgette and Spinach French Beans	Mashed Potatoes Savoy Cabbage Glazed Carrots	Rice Sweetcorn Broccoli	French Fries Baked Beans Garden Peas
Daily Cold Dessert		Chocolate and Banana Cake	Oat and Sultana Biscuits	Mixed Fruit Salad	Assorted Ice Cream Pots
Daily Desserts	Every day there will be a selection of whole fresh fruit and cut fresh fruit pots, jelly pots, natural yoghurt and toppings				
Daily salad	Cucumber, Tomato, Carrot, Mixed Salad Leaves, Sweetcorn, Grated Cheese, Coleslaw, Homemade Bread, Mix Bean Salad, Dressings, Pumpkin and Sun Flower Seeds				