

Autumn Term



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
26th Nov	Chinese Theme Day			Milkshake Demonstration Day	
Main Meal	Stir Fry Chicken and prawn crackers	Beef Lasagne with béchamel sauce and garlic bread	Turkey Escalope with a rich tomato and pepper sauce	Mild Lamb Korma with poppadum's, mango chutney and raita	Cod Fillet Fish Fingers with lemon mayonnaise
Vegetarian	Vegetable Chow Mein with quorn pieces and soy sauce	Homemade Mushroom and Basil Calzone	Vegetable Wellington with mashed potatoes and vegetable gravy	Vegetable Rogan Josh with poppadum's, mango chutney and raita	Cheese and Red Cherry Tomato Quiche
Alternative	Oven Baked Jacket Potato with Chinese chicken	Wholemeal Penne served with basil and tomato sauce	Oven Baked Jacket Potato with creamy leek and mushroom stroganof	Wholemeal Fusilli Pasta with a tomato and mascarpone sauce	Courgette and Sweetcorn Fritters
Vegetables	Egg Fried Rice Stir Fry Vegetables and Pak Choi	New Potatoes Sweetcorn Green Beans	Mashed Potatoes Carrots Broccoli	White and Brown Rice Bombay Potatoes Cauliflower	Peas Baked Beans Chips
Daily Cold Desserts	Lychee, Banana and Honey Pot	Green Giant Cake (spinach and peas)	Watermelon Wedges	Fruit Jelly Pots	Mixed Fruit Pots
Everyday Dessert	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, Tomatoes, Carrot, Mixed Salad Leaves, Sweetcorn, Grated Cheese, Coleslaw, Tuna or Mackerel Fillets Homemade Bread, Dressings, Pumpkin and Sunflower Seeds				