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| **New Park Primary Academy Menu - Autumn Term Menu 2018** | | | |  |
|  | **WEEK 1 served w/c:**  **3rd and 24th Sept, 15th Oct,**  **12th Nov, 3rd Dec** | **WEEK 2 served w/c:**  **10th Sept, 1st and 22nd Oct,**  **19th Nov,10th Dec** | **WEEK 3 served w/c:**  **17th Sept, 8th Oct,**  **5th and 26th Nov, 17th Dec** | |
| **M**  **O**  **N**  **D**  **A**  **Y** | **Sausages, Mash & Onion Gravy or**  **Bean & Vegetable Cobbler**  Broccoli & Cauliflower  50/50 Bread  \*\*\*\*\*  Jam Sponge & Custard  Fresh Fruit or Yoghurt | **Organic Beefburger in a Bun or**  **Cauliflower & Broccoli Gratin**  Chipped Potatoes  Peas & Sweetcorn  \*\*\*\*\*  Banana Brownie & Chocolate Sauce  Fresh Fruit or Yoghurt | **Margherita Pizza or**  **Tuna Catherine Wheels**  Potato Wedges  Carrot & Orange Salad  Peas  \*\*\*\*  Chocolate Semolina & Mandarins  Fresh Fruit or Yoghurt | |
| **T**  **U**  **E**  **S**  **D**  **A**  **Y** | **Sweet & Sour Chicken & Rice or**  **Cheese, Leek & Potato Bake**  Medley of Veg  Wholemeal Baguette  \*\*\*\*  Toffee Apple Crumble Cake  Fresh Fruit or Yoghurt | **Chicken & Tomato Pasta Bake or**  **Quorn Curry & Rice**  Green Beans & Cauliflower  Wholemeal Bread  \*\*\*\*  Autumn Berry Sponge & Custard  Fresh Fruit or Yoghurt | **Minced Beef & Dumplings or**  **Vegetable Roast**  Sweet Potato Mash  Savoy Cabbage & Carrots  Sunflower Seed Bread  \*\*\*\*  Sticky Date & Apple Bar with Cheese | |
| **W**  **E**  **D**  **N**  **E**  **S**  **D**  **A**  **Y** | **Roast Beef & Yorkshire Pudding or**  **Vegetable Lasagne**  Roast Parsnips & Carrots  Roast Potatoes  Sliced Wholemeal Bread  \*\*\*\*\*  Chocolate, Orange Sponge & Chocolate Sauce  Fresh Fruit or Yoghurt | **Roast Pork, Apple Sauce & Gravy or**  **Two Bean Hot Pot**  Carrots & Broccoli  Parsley Potatoes  Herbie Bread  \*\*\*\*\*\*  Raspberry Bun with Apple  Fresh Fruit or Yoghurt | **Chicken & Vegetable Pie or**  **Vegetable Chilli & Rice**  Creamed Potatoes  Carrot & Swede & Peas  Crusty Bread  \*\*\*\*\*  Fruity Gingerbread & Custard  Fresh Fruit or Yoghurt | |
| **T**  **H**  **U**  **R**  **S**  **D**  **A**  **Y** | **Chicken Korma & Rice or**  **Roasted Vegetable Pasta**  Cauliflower & Green Beans  Naan Bread  \*\*\*\*\*  Pineapple Shortcake & Custard  Fresh Fruit or Yoghurt | **Beef Tortilla Wrap or**  **Macaroni Cheese**  Vegetable Rice  Veg Sticks  \*\*\*\*\*  Apple Cinnamon Crunch Crumble & Custard  Fresh Fruit or Yoghurt | **Pasta Bolognaise or**  **Sweet Potato & Vegetable Bake**  Broccoli & Sweetcorn  Garlic Bread  \*\*\*\*  Arctic Roll & Peaches  Fresh Fruit or Yoghurt | |
| **F**  **R**  **I**  **D**  **A**  **Y** | **Battered Fish or**  **Wholewheat Vegetable Pastry**  Tomato Sauce  Peas & Carrots Sticks  Chipped Potatoes  Sunflower Seed Bread  \*\*\*\*  Fruits of the Forest Flapjack  Fresh Fruit or Yoghurt | **Breaded Salmon Nibbles & Tomato Sauce or**  **Spanish Baked Bean Omelette**  Broccoli & Carrots  Potato Wedges  Tomato Bread  \*\*\*\*\*  Swiss Bun  Fresh Fruit or Yoghurt | **Fish Fingers or**  **Glamorgan Sausage (Cheese & Potato Croquette)**  Peas & Baked Beans  Chipped Potatoes  Wholemeal Bread  \*\*\*\*\*  Plum Upside Down Cake & Custard  Fresh Fruit or Yoghurt | |