

# Primary Autumn 2020 Menu Week 1

|                         | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|-------------------------|--|--|--|--|---|
| <b>Hot Main Dish</b>    | <p><b>Cheese and Tomato Pizza **</b><br/><i>with Dough Balls (V)</i></p> <p>Cheesy Tomato Topped Pizza Slice</p> | <p><b>Chicken Burger</b><br/><i>with Potato Wedges</i></p> <p>Roast chicken served in a soft bun with lettuce and mayo</p> | <p><b>Roast Chicken</b><br/><i>with Roast Potatoes and Gravy</i></p> <p>Succulent roast chicken with fluffy roasties and tasty gravy</p>   | <p><b>Pasta Bolognese **</b></p> <p>A classic Italian beef Bolognese in a yummy tomato sauce</p>                                 | <p><b>Golden Fish Fingers</b></p> <p>Crispy Fish Fingers</p>                                |
| <b>Alternative Dish</b> | <p><b>Burrito (V)</b></p> <p>A soft wrap filled with lightly spiced veggies and rice</p>                         | <p><b>Baked Macaroni (V)</b></p> <p>Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce</p>              | <p><b>Sweet Potato and Chickpea Roast</b><br/><i>with Roast Potatoes and Gravy (V)</i></p> <p>A chunky sweet potato and chickpea roast</p> | <p><b>Hotdog</b><br/><i>with Potato Wedges (V)</i></p> <p>Our favourite veggie hotdog served with ketchup in a soft sub roll</p> | <p><b>Quorn Nuggets (V)</b></p> <p>Crispy Quorn nuggets with their fave sauce – ketchup</p> |
| <b>Third Choice</b>     |  | <p><b>Jacket Potato with Salmon Mayonnaise ***</b></p>   |  |  |   |
| <b>Jacket Potato</b>    | <b>Jacket Potato With A Choice Of Fillings</b>   |  |  |  |   |
| <b>Vegetables</b>       | <p><b>Coleslaw</b><br/><b>Sweetcorn</b></p>  | <p><b>Peas</b><br/><b>Broccoli</b></p>   | <p><b>Carrots</b><br/><b>Cabbage</b></p>   | <p><b>Broccoli</b><br/><b>Sweetcorn</b></p>  | <p><b>Baked Beans</b><br/><b>Peas</b></p>   |

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish (V) Vegetarian







# Primary Autumn 2020 Menu

## Week 3

|   | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|--|---|--|---|--|
| <b>Hot Main Dish</b>  | <b>Chinese Veggie Noodles (V)</b><br><br>Fragrant egg noodles with stir fried vegetables       | <b>Sausage and Mash with Gravy</b><br><br>Traditional Pork Sausage and Mash with rich Gravy | <b>Roast Turkey with Roast Potatoes and Gravy</b><br><br>Moist roast turkey with fluffy roasties and tasty gravy | <b>Pasta Bolognese **</b><br><br>A classic Italian beef Bolognese in a yummy tomato and beef sauce        | <b>Golden Fish Fingers</b><br><br>Crispy Fish Fingers            |
| <b>Alternative Dish</b>   | <b>Cheese and Tomato Pizza ** with Dough Balls (V)</b><br><br>Cheesy Tomato Topped Pizza Slice | <b>Quorn Bolognese **(V)</b><br><br>Penne pasta in a yummy tomato and Quorn sauce           | <b>Country Vegetable Pie (V)</b><br><br>Creamy vegetable pie with a shortcrust topper                            | <b>Mild Chickpea &amp; Potato Curry with a Rice side **(V)</b><br><br>A tasty chick pea and potato masala | <b>Beany Burger (V)</b><br><br>A delicious homemade beany burger |
| <b>Jacket Potato</b>  | <b>Jacket Potato With A Choice Of Fillings</b>   |   |  |   |  |
| <b>Vegetables</b>   | Sweetcorn<br>Broccoli  | Peas<br>Carrots   | Carrots<br>Cabbage   | Sweetcorn<br>Broccoli   | Baked Beans<br>Peas  |
| Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily<br>*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian |  |   |  |   |  |

