



Autumn Term 2020



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATES for WEEK 1:	Weeks Commencing: Thursday 3rd September/21st September/12th October/9th November/30th November				
MAIN COURSE	Fresh Chicken Korma	Homemade Beef Bolognese with wholewheat pasta	Homemade Ham & Cheese turnover	100% fresh Beefburger in a wholemeal bap	Fresh goujons of white fish in a homemade breadcrumb coating
VEGETARIAN	Vegetable & Tofu Korma	Homemade mixed vegetable Bolognese with wholewheat pasta	Cheese & Red onion Turnover	Grilled aubergine & halloumi stack	Homemade cheese & tomato omelette
VEGETABLES	Pilau rice & mini naan bread	Fresh salad & ciabatta bread	Lightly salted potato wedges, fresh carrots & fresh broccoli	Baked hash browns, fresh salad & coleslaw	Oven baked chips & reduced salt/sugar baked beans
DESSERT	Homemade Fruit & oat muesli crunch	Fresh fruit jelly with squirty cream	Apricot Muesli crunch with Raspberry sauce	Homemade sticky chocolate slice with chocolate sauce	Homemade chocolate chip cookie with homemade fruit milkshake
DATES for WEEK 2:	Weeks Commencing: 8th September/28th September/19th October/16th November/7th December				
MAIN COURSE	Pork sausage & fresh tomato sauce wholewheat pasta bake	100% fresh chicken fillet burger in wholemeal bap	Homemade Mince Beef Chilli con carne	Homemade wholewheat french bread pizza with fresh chicken &	Fresh chicken breast fillets in a homemade crumb
VEGETARIAN	Homemade sweetcorn & red pepper wholewheat/Tomato sauce bake	Fresh mushroom & halloumi burger in a wholemeal bap	Homemade fresh vegetable & lentil chilli	Homemade wholewheat french bread pizza with just cheese &	Baked Quorn chipolata sausages
VEGETABLES	Fresh salad & garlic bread	baked onion rings, potato slices & fresh salad	Sweetcorn & red pepper rice and cheesy topped nachos	Baked potato wedges & fresh coleslaw	Oven baked chips & reduced salt/sugar baked beans
DESSERT	Homemade peach fool with squirty cream	Homemade sticky toffee pudding & toffee sauce	Fresh banana custard with cream	Homemade rice pudding with fresh raspberry sauce	Homemade custard biscuit with homemade fruit milkshake
DATES for WEEK 3:	Weeks Commencing: 14th September/5th October/2nd November/23rd November/14th December				
MAIN COURSE	Homemade macaroni cheese & bacon bake	Homemade fresh minced Beef cottage pie topped with creamy	Sweet & sour Pork	Fresh strips of baked chicken in a wrap with BBQ sauce & cheese	Baked pork sausages
VEGETARIAN	Homemade macaroni cheese bake	Homemade cheese & potato pie	Sweet & sour Chinese vegetables	BBA vegetable & cheese spring roll	Homemade mini cheese & onion pasty
VEGETABLES	Fresh salad & focaccia bread	Green beans and fresh carrots	Egg noodles & prawn crackers	Fresh potato wedges & salad	Oven baked chips & reduced salt/sugar baked beans
DESSERT	Apricot & apple crunch slice	Homemade lemon drizzle cake with vanilla sauce	Mango & Raspberry frozen smoothies	Coconut sponge pudding with strawberry sauce	Homemade oat & sultana cookie with homemade fruit milkshake
	All main-course and vegetarian dishes come with a choice of homemade dessert (made with reduced sugar), low fat yoghurt or fresh fruit. All meals come with carrot and cucumber sticks plus cherry tomatoes. Jacket potatoes are available daily and are served with reduced salt/sugar baked beans and/or cheese. We are committed to providing a meal, where possible to all pupils regardless of food allergies or intolerances.				
	Farm Assured Meat		MCS Approved		Fresh Fruit Dessert

