

Michaelmas Term Menu Week 1 02.09.19



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning break				Pizza stick	Carrot sticks & hummus
Main meal				Shepherds pie	Fish fingers
Vegetarian				Sweet potato & squash stew	Vegetable fingers
On the side				Chunky carrots & greens	Chipped potatoes & beans
Crudités sticks				Pepper & sugar snap	Carrot & cucumber
Dessert				Apple crumble & custard	3 flavour jelly pots
Afternoon snack				Cut fresh fruit	Cut fresh fruit

Michaelmas Term Menu Week 2 09.09.19



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning break	Filled croissant	Cheesy parmiers	Hummus & pitta	Sausage rolls	Pizza stick
Main meal	Chilli con carne with tortilla chips	Grilled sausages	Tomato & basil chicken	Sticky lamb chow mien	Fish fingers & ketchup
Vegetarian	Baked eggs with Mediterranean veggies	Rosemary, soya and red onion sausages	Vegetable & chickpea fritters	Vegetable & tofu spring rolls	Vegetable fingers
On the side	50/50 rice & green beans & sweetcorn	Bashed mash & peas	Steamed broccoli & pasta shapes	Egg noodles	Chipped potatoes & baked beans
Crudités sticks	Carrot & cucumber	Mange tout & mixed peppers	Carrot & cucumber	Carrot & peppers	Carrot & celery
Dessert	Jam Sponge & custard	Apple pie & cream	Fruit plate	Ice cream	Wibbly wobbly jelly
Afternoon snack	Cut fresh fruit	Cut fresh fruit	Cut fresh fruit	Cut fresh fruit	Cut fresh fruit

Michaelmas Term Menu Week 3 16.09.19



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning break	Pizza stick	Hummus & vegetable sticks	Jim Jam Sandwich	Sausage rolls	Parmiers
Main meal	Meat free Monday lunch Mac 'n' cheese or gnocchi with arrabiata sauce	Chicken & sweetcorn pie	Meatballs with tomato sauce	Mild beef curry with poppadums	Baked haddock with ketchup
Vegetarian		Baked cauliflower	Quorn & vegetable cottage pie	Tikka squash, pepper & paneer curry	Mixed bean quesadilla with guacamole & salsa
On the side	Super food salad & garlic bread	Mashed potatoes, carrots & steamed cabbage	Wholemeal penne & broccoli	50/50 rice, naan bread, green beans	Chipped potatoes & baked beans
Crudités sticks	Carrot & cucumber	Mange tout & mixed peppers	Carrot & cucumber	Carrot & peppers	Carrot & celery
Dessert	Apple crumble & custard	Vanilla cheesecake	Sliced fresh fruit	Raspberry bakewell tart	Super jelly pots
Afternoon snack	Cut fresh fruit	Cut fresh fruit	Cut fresh fruit	Cut fresh fruit	Cut fresh fruit