

AUTUNM TERM 2020 MENU

	WEEK 1	WEEK 2	WEEK 3
MONDAY	Shepherdess pie with Gravy Or Tomato and basil pasta Sweetcorn, green beans Flapjacks	Jacket potato with beans or tuna Or Ratatouille pasta bake Peas, carrots Toffee frozen	Piri piri chicken with rice Or Veggie bean burrito with rice Broccoli, sweetcorn Oat and sultana cookie with yoghurt
TUESDAY	Spaghetti bolognaise Or Vegetable keema with Rice vegetables toffee apple crumble and custard	Chicken meatballs Or Quorn Paella Sweetcorn with peppers, cauliflower Carrot cake	Beef lasagne with garlic slice Or jacket potato with beans or cheese green beans, carrots cherry and apple crumble with custard
WEDNESDAY	BB chicken with rice Or Stir fry noodles Carrots, cauliflower Chocolate brownie	Roast beef and roast potatoes Or Falafel wraps with rice Greens. Carrots and peas Orange jelly with Mandarins	Roast chicken and roast potatoes Or Chick pea noodle stir fry Vegetable Chocolate and banana cake
THURSDAY	Beef Minced pie or mac and cheese broccoli, sweetcorn strawberry jelly	Spice and lime chicken with rice Or Vegetable bolognaise Vegetables Coconut jam slice with custard	Beef goulash and new potatoes Or Quorn korma with rice Cauliflower, green beans Lemon drizzle sponge
FRIDAY	Fish nuggets and chips Or Veggie burger Baked beans, peas fruit	Battered fish with baked wedges Or Veggie sausages Courgettes, baked beans Cheese and biscuits	Fish fingers with chips Or Cheese and tomato pizza & chips Peas, baked beans Fruit salad