



WEEK 3 MENU



WEEKS COMMENCING 23/09 21/10, 18/11, 16/12, 13/01/20



	Monday	Tuesday	Wednesday	Thursday	Friday
	WORLD FOOD DAY SPANISH	PLANET EARTH DAY	ORIGINALS DAY	STREET FOOD DAY	FRIDAY FAVOURITES
MAIN 1 Key Stage 1&2	Paella (Mixed Meat, Rice and Vegetables)	Vegetable lasagne	Roast Chicken or Roast Pork with Sage & Onion Stuffing	Sticky Honey glazed chicken	Fish Fingers
Key Stage 2 Special Day					
Vegetarian key stage 1 & 2	Omelette	Halloumi and vegetable pizza	Quorn Roast with sage and Onion Stuffing	Vegetarian Sausages	Cheese and Tomato Quiche
Carbohydrates	New Potatoes with Parsley or Penne Pasta	White & Brown Rice	Roast Potatoes or Penne Pasta	White and Brown Rice or Penne Pasta	Oven Baked Chips or Penne Pasta
Vegetables	Broccoli Roasted Vegetables Salad bar	Fresh Broccoli, Mixed Salad, Red Cabbage Coleslaw	Savoy Cabbage Fresh Carrots Salad bar	Green Beans Sweetcorn Salad bar	Garden Peas and Carrots, Baked Beans, Mixed
Dessert	Flapjack	Chocolate Cake	Wholemeal Apple Crumble & Custard Sauce	Sponge and custard	Vanilla Ice Cream Slice - Fresh Fruit Salad

AVAILABLE DAILY: Freshly cooked jacket potatoes with a daily choice of two toppings • Fresh fruit, yogurt & a mixed salad bar • Freshly baked bread (white & wholemeal)
FOR ALLERGEN CONTENT PLEASE SPEAK TO MEMBER OF STAFF WHO WILL BE HAPPY TO ASSIST

