



WEEK 3 MENU



WEEKS COMMENCING
16/09, 14/10



	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	Chicken In Tomato & Herb sauce	Pasta Bolognaise With Garlic Bread	Roast Chicken Sage & Onion Stuffing	Sticky Honey Glazed Chicken	Fish Fingers
Key Stage 2 Special Day					
Vegetarian key stage 1 & 2	Spanish Omelette	Tortilla Baked Vegetable Lasagne	Quorn Roast with sage and Onion Stuffing	Honey Glazed Quorn Sausages	Cheese and Tomato Flan
Carbohydrates	New Potatoes	Diced Potatoes	Roast Potatoes	White and Brown Rice or Penne Pasta	Oven Baked Chips
Vegetables	Broccoli & Sweetcorn	Seasonal Vegetables	Savoy Cabbage Fresh Carrots	Green Beans Sweetcorn	Garden Peas & Baked beans
Dessert	Apple Crumble & Custard	Fresh Mixed Melon	Raspberry Jelly	Shortbread	Vanilla Ice Cream Slice

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

