

Menu for September 2019 ASPIRE CATERING SERVICES

	Meat free Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE - 05/09, 23/09, 14/10, 11/11, 02/12	Cheese & Tomato Pizza or Pasta with Super Hero Tomato Sauce Homemade Coleslaw Mixed Salad Yoghurt or Fruit	Cornish Hotdog or Vegetarian Hotdog Homemade Jacket Wedges Seasonal Vegetables St Clements Cake	Roast Chicken or Quorn Roast Roast potatoes & Yorkshire pudding Seasonal Vegetables Chocolate Sponge Pudding & Chocolate Custard	Chicken & Noodle Stir Fry or Vegetable Pasta Bake Seasonal Vegetables Carrot Cake	Battered Fish or Vegetable Crustless Quiche Chips Seasonal Vegetables Strawberry Mousse
WEEK TWO - 09/09, 30/09, 28/10, 18/11, 09/12	Vegetable Lasagne or Tuna & Tomato Bake Garlic Bread Seasonal Vegetables Gingerbread Cookie	Chicken Pie or Creamy Pesto Pasta Mash Potato Seasonal Vegetables Banana Bread	Roast Beef or Cauliflower Cheese Roast Potatoes & Yorkshire Pudding Seasonal Vegetables Apple & Berry Crumble and Custard	Build Your Own Beef Burger or Vegetable Burger Jacket Wedges Seasonal Vegetables Crispy slice/melon	Salmon Fishcakes or Vegetable Dippers Chips Seasonal Vegetables Frozen Smoothie
WEEK THREE - 16/09, 07/10, 04/11, 25/11, 16/12	Macaroni Cheese or Broccoli Pasta Bake Seasonal Vegetables Shortbread	Mild Chicken Curry or Vegetable Chilli Wholegrain Rice Seasonal Vegetables Apple Cake	Roast Gammon or Quorn Roast Roast Potatoes & Yorkshire pudding Seasonal Vegetables Fruit & Oat slice with custard	All Day Breakfast or Vegetarian All Day Breakfast Beans/Mushrooms/ Tomatoes Ice-cream	Crispy Fish Tacos (cod goujon) or Mixed Bean Quesadillas Chips Salad or beans/sweetcorn Jelly

Jacket potatoes are available with a choice of fillings (**tuna, cheese or beans**) Monday, Tuesday, Thursday, Friday. Fresh homemade bread is available daily as is a salad bar, children are encouraged to try and eat a rainbow of colours daily. A choice of yoghurt or fruit is an additional dessert choice daily. Fresh drinking water is freely available.