

# Menu for September 2019

	Meat free Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE	<p>Cheese &amp; tomato Pizza</p> <p>or</p> <p>Pasta with Super Hero</p> <p>Tomato Sauce</p> <p>Homemade coleslaw</p> <p>Salad bar</p> <p>Yoghurt</p> <p>or Fruit</p>	<p>Cornish Sausage in a Roll</p> <p>Vegetarian sausage in a Roll</p> <p>Homemade Jacket Wedges</p> <p>Seasonal Vegetables</p> <p>St Clement Cake</p>	<p>Roast Chicken</p> <p>or</p> <p>Quorn Roast</p> <p>Roast potatoes &amp; Yorkshire Pudding</p> <p>Seasonal Vegetables</p> <p>Chocolate sponge pudding &amp; chocolate custard</p>	<p>Chicken &amp; noodle stir fry</p> <p>or</p> <p>Vegetable Pasta Bake</p> <p>Seasonal Vegetables</p> <p>Carrot cake</p>	<p>Battered fish</p> <p>or</p> <p>Vegetable Crustless Quiche</p> <p>Chips</p> <p>Seasonal Vegetables</p> <p>Strawberry mousse</p>
WEEK TWO	<p>Vegetable lasagne</p> <p>or</p> <p>Tuna &amp; Tomato Bake</p> <p>Garlic bread</p> <p>Seasonal Vegetables</p> <p>Gingerbread cookie</p>	<p>Chicken Pie</p> <p>or</p> <p>Creamy Pesto Pasta</p> <p>Mash Potato</p> <p>Seasonal Vegetables</p> <p>Banana bread</p>	<p>Roast Beef</p> <p>or</p> <p>Cauliflower Cheese</p> <p>Roast potatoes &amp; Yorkshire Pudding</p> <p>Seasonal Vegetables</p> <p>Apple &amp; berry crumble &amp; custard</p>	<p>Build your own beef burger</p> <p>or</p> <p>Vegetable Burger</p> <p>Jacket wedges</p> <p>Seasonal Vegetables</p> <p>Crispy slice/Melon</p>	<p>Fish fingers</p> <p>or</p> <p>Vegetable Dippers</p> <p>Chips</p> <p>Seasonal Vegetables</p> <p>Frozen Smoothie</p>
WEEK THREE	<p>Macaroni cheese</p> <p>or</p> <p>Vegetable Pasta Bake</p> <p>Seasonal Vegetables</p> <p>Shortbread</p>	<p>Mild chicken curry</p> <p>or</p> <p>Vegetable Chilli</p> <p>Wholegrain rice</p> <p>Seasonal vegetables</p> <p>Apple Cake</p>	<p>Roast Gammon</p> <p>or</p> <p>Quorn Roast</p> <p>Roast potatoes &amp; Yorkshire Pudding</p> <p>Seasonal Vegetables</p> <p>Fruit &amp; oat slice with custard</p>	<p>All Day Breakfast</p> <p>or</p> <p>Vegetarian All Day Breakfast</p> <p>Beans/Mushrooms/Tomatoes</p> <p>Ice-cream</p>	<p>Crispy fish tacos (Cod Goujon)</p> <p>or</p> <p>Salmon Fishcake</p> <p>Chips</p> <p>Salad or beans/sweetcorn</p> <p>Jelly</p>

Jacket potatoes are available with a choice of fillings (Ham, Tuna, Cheese & 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 daily. Fresh drinking water is freely available.