



*Fairtrade Organic Bananas
 *Organic local beef
 *Organic & Local flour & dairy produce
 *We use vegetables from our school patch
 *Free range eggs & Pork Sausages *MSC Fish

MENU: 1 Autumn 2015

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2nd Nov	Chilli Con Carne and vegetable rice Mixed bean Goulash and seasonal vegetables Lemon drizzle cake	Spaghetti Bolognese (organic beef) Mixed vegetable noodles Flap jack	Roast Pork and Apple sauce Lentil rissoles, roast potatoes Mixed vegetables Fruit trifle	Tuna pasta bake Quorn pasta Bolognese Peas & sweetcorn Fruit salad & yogurt	Sweet & Sour Chicken Vegetable curry Vegetable Rice Iced mandarin sponge
9th Nov	Macaroni cheese Bean burger, new potatoes with peas Banana cake	Beef bourgignon (organic beef) Carrots & mashed potato Cheese & lentil quiche Malt loaf	Salmon & broccoli lasagne Mixed salad Chinese style vegetable noodles Goosey orange pudding	Roast turkey Roast potatoes & seasonal vegetables Crunchy vegetable crumble Bakewell Tart	Lamb casserole & dumplings Seasonal vegetables Quorn cowboy casserole & crispy potatoes Fruit jelly and ice cream
16th Nov	Cowboy casserole Cauliflower and broccoli cheese bake Crispy potatoes Apple crumble cake	Chicken Tikka Masala Vegetable rice & naan bread Ratatouille pasta Pineapple upside down cake	Home baked Gammon Quorn sausage roll Mashed potato & mixed vegetables Iced chocolate sponge	Italian baked fish Roasted vegetable wrap Crispy new potatoes Peas & sweetcorn Fruit crumble & custard	Cheese & Tomato Quiche Potato Wedges & Baked Beans Vegetable cous cous & Salad Carrot cake
23rd Nov	Beef lasagne (organic beef) Vegetable risotto Mixed salad Peach Melba	Shepherds pie Vegetable & potato gratin Seasonal vegetables Viennese Tart	Macaroni cheese Quorn pasta Bolognese Peas Fruit salad & yogurt	Organic Roast beef Quorn Toad-in-the-hole Roast potatoes & seasonal vegetables Cherry shortcake	Ocean Pie & Peas Vegetable Lasagne & Mixed Salad Ginger Bread

JACKET POTATO WITH CHEESE, BAKED BEANS, SALAD OR TUNA AVAILABLE DAILY