

# ***SCHOOL MEALS MENU Autumn/Winter 2020***

<b>Autumn</b>	<b><u>MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>	<b><u>FRIDAY</u></b>
<b>WEEK 1</b>	Sausage & Onions Peas & Carrots Mashed Potatoes  Chocolate Eclair Low Fat Yogurt Fresh Fruit	Cold Roast Pork Loin Assorted Salads New Boiled Potatoes  Low Fat Yogurt Fresh Fruit	Macaroni au Gratin Tossed Salad Garlic Bread  Gateau Low Fat Yogurt Fresh Fruit	Grilled Chicken/Tomato Sauce Garden Peas Parisienne Potatoes  Low Fat Yogurt Fresh Fruit	Baked Cod Baked Beans Chipped Potatoes  Fruit Jelly Low Fat Yogurt Fresh Fruit
<b>WEEK 2</b>	Fried Chicken Strip Baked Beans Baked Potatoes  Doughnuts Low Fat Yogurt Fresh Fruit	Baked Pasta Bolognaise Mixed Salad Garlic Bread  Low Fat Yogurt Fresh Fruit	Homemade Chicken Pie Fresh Carrots Mashed Potatoes  Fromage Frais Low Fat Yogurt Fresh Fruit	Cold Roast Beef Coleslaw Diced Potatoes  Low Fat Yogurt Fresh Fruit	Fish Finger Chipped Potatoes Baked Beans  Ice Cream Low Fat Yogurt Fresh Fruit
<b>WEEK 3</b>	Grilled Chicken Sweet Corn Chipped Potatoes  Cheese Cake Low Fat Yogurt Fresh Fruit	Meatballs & Pasta Broccoli Garlic Bread  Low Fat Yogurt Fresh Fruit	Baked Potato Bar Baked Beans Selection Grated Cheese  Waffles & Choc Low Fat Yogurt Fresh Fruit	Chicken Fajitas Mexican Rice Sweet Corn  Low Fat Yogurt Fresh Fruit	Oven Baked Salmon Peas Wedges  Chocolate Profiterole Low Fat Yogurt Fresh Fruit
<b>WEEK 4</b>	Homemade Pizza Tossed Salad Garlic Potatoes  Chocolate Muffin Low Fat Yogurt Fresh Fruit	Sausage Roll Baked Beans Mashed Potatoes  Low Fat Yogurt Fresh Fruit	Lasagne Al Forno Tossed Salad Garlic Bread  Chocolate Sponge & Sauce Low Fat Yogurt Fresh Fruit	Sweet & Sour Chicken Boiled Rice Stir Fried Vegetable  Low Fat Yogurt Fresh Fruit	Tuna Stuffed Tomato Mixed Salad Chipped Potatoes  Apple Pie & Ice- Cream Low Fat Yogurt Fresh Fruit
<b>WEEK 5</b>	Baked Cannelloni Mixed Salad Garlic Bread  Fairy Cake Low Fat Yogurt Fresh Fruit	Beef Burger BBQ Sauce Sweet Corn Chipped Potatoes  Low Fat Yogurt Fresh Fruit	Hoisin Chicken Vegetable Medley Fried Noodles  Pick & Croq Low Fat Yogurt Fresh Fruit	Pork Escalope Tomato Sauce Pasta & Broccoli  Low Fat Yogurt Fresh Fruit	Grilled Fish Burger Garden Peas Baked Oven Wedge Potatoes  Vanilla Slice Low Fat Yogurt Fresh Fruit
<b>WEEK 6</b>	Garnish Hot-dog Garden Peas Diced Potatoes  Black Forest Gateau Low Fat Yogurt Fresh Fruit	Savoury Minced Pie / Gravy Sweet Corn Mashed Potatoes  Low Fat Yogurt Fresh Fruit	Diced Grill Chicken & Cheese Sauce Sliced Carrots/ Boiled Rice  Ice-cream Low Fat Yogurt Fresh Fruit	Gammon Steak Baked Beans Baked Potatoes  Low Fat Yogurt Fresh Fruit	Fish Filet Meuniere Mixed Vegetables Parsley Potatoes  Chocolate Krispies Low Fat Yogurt Fresh Fruit