## Vegetarian

### YOUR SCHOOL MENU

NOVEMBER 2019 - APRIL 2020



MONDAY

**TUESDAY** 

**WEDNESDAY** 

**THURSDAY** 

**FRIDAY** 

#### **CHOOSE FROM**

\* BBQ chicken in a wrap with brown and white rice



Nacaroni cheese with garlic bread finger



VEGETABLE OF THE DAY

Served with green beans or sweetcorn

#### **TO FINISH**

Lemon crunch biscuit

Daily selection of alternative desserts: Banana, apple, orange, yoghurt, fruit pot, cheese and biscuits or fruit juice

### **CHOOSE FROM**

Pork grill



V Vegetable goujons



**VEGETABLE OF THE DAY** 

Served with roast potatoes, cauliflower, green beans, carrots and gravy

#### TO FINISH

Apple and blackberry muffin

#### **CHOOSE FROM**

Beef Bolognaise with pasta and garlic bread finger



Margherita pizza with potato wedges



#### **VEGETABLE OF THE DAY**

Served with garden peas

#### TO FINISH

Mini biscuit and fresh fruit wedge

Extra freshly baked bread plus salad available daily



#### **CHOOSE FROM**

Roast chicken



**V** Vegetarian sausages



#### **VEGETABLE OF THE DAY**

Served with roast potatoes. seasonal swede and carrot and gravy

#### TO FINISH

A choice of cold desserts

#### **CHOOSE FROM**

Baked fish fingers with tomato sauce



Curried vegetable puff



#### **VEGETABLE OF THE DAY**

Served with chips, baked beans or garden peas

#### **TO FINISH**

Cheddar cheese and crackers

**WEEK COMMENCING** 

4th and 25th November, 16th December, 20th January, 10th February, 9th and 30th March

















YOUR SCHOOL MENU NOVEMBER 2019 - APRIL 2020



# WEEK 2

**MONDAY** 

**TUESDAY** 

**WEDNESDAY** 

**THURSDAY** 

**FRIDAY** 

#### **CHOOSE FROM**

Chicken grill in a bap



Tomato pasta with garlic bread finger



**VEGETABLE OF THE DAY** 

Served with garden peas

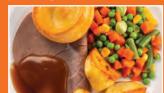
#### TO FINISH

Ice cream or fruit smoothie

Daily selection of alternative desserts: Banana, apple, orange, yoghurt, fruit pot, cheese and biscuits or fruit juice

#### **CHOOSE FROM**

Roast beef and Yorkshire pudding



V Vegetarian sausage puff



**VEGETABLE OF THE DAY** 

Served with roast potatoes, gravy and vegetable medley

TO FINISH Tutti fruity sponge

**WEEK COMMENCING** 

#### **CHOOSE FROM**

**V** Quorn burger with mashed potatoes



(V) Margherita pizza with potato wedges



#### **VEGETABLE OF THE DAY**

Served with baked beans or garden peas

TO FINISH

A choice of cold desserts

#### **CHOOSE FROM**

Roast chicken, roast potatoes and gravy



(V) Cauliflower cheese with tomato bread



#### **VEGETABLE OF THE DAY**

Served with carrots and broccoli

TO FINISH Fruity flapjack

#### **CHOOSE FROM**

Baked battered fish, chips and tomato sauce



(**v**) Sweet potato and lentil curry with brown and white rice and Naan style bread



#### **VEGETABLE OF THE DAY**

Served with garden peas or sweetcorn

TO FINISH

Chocolate brownie

11th November, 2rd December, 6th and 27th January, 24th February and 16th March

Extra

freshly baked

bread plus salad

available daily

















YOUR SCHOOL MENU NOVEMBER 2019 - APRIL 2020



# WEEK 3

MONDAY

**TUESDAY** 

**WEDNESDAY** 

**THURSDAY** 

**FRIDAY** 

#### **CHOOSE FROM**

Pork sausages with mashed potato



V Vegetable burrito



**VEGETABLE OF THE DAY** Served with baked beans

TO FINISH Oaty cookie

Daily selection of alternative desserts: Banana, apple, orange, yoghurt, fruit pot, cheese and biscuits or fruit juice

#### **CHOOSE FROM**

Chicken Korma with brown and white rice and Naan style bread



🚺 Quorn nuggets, roast potatoes and gravy



**VEGETABLE OF THE DAY** 

Served with cauliflower, carrots and green beans

#### **TO FINISH**

Winter apple crumble slice

**WEEK COMMENCING** 

#### **CHOOSE FROM**

\* Bubble salmon with potato wedges



Margherita pizza with potato wedges



#### **VEGETABLE OF THE DAY**

Extra

freshly baked

bread plus salad

available daily

Served with garden peas and sweetcorn

TO FINISH

Carrot cake

### **CHOOSE FROM**

\* Roast chicken, roast potatoes and gravy



(V) Roasted vegetable pasta bake with garlic bread finger



#### **VEGETABLE OF THE DAY**

Served with green beans or carrots

**TO FINISH** Shortbread

#### **CHOOSE FROM**

Baked fish fingers with tomato sauce



Mexican bean roll with tomato sauce



#### **VEGETABLE OF THE DAY**

Served with chips and garden peas

**TO FINISH** 

Ice cream or fruit smoothie

