

# Michaelmas Term 2019 Menus

Week 3 (w/c: 16/09, 07/10, (28/10), 18/11 and 09/12)

Name:

Form:

MONDAY – Week 3	CHOICE
<b>Best Pork Sausages</b> – served with baked potato wedges, onion gravy and mixed seasonal vegetables	
<b>Stir Fried Vegetables with Noodles</b> – fresh vegetables served in an oriental sauce tossed in egg noodles served with prawn crackers	
<b>Jacket Potato</b> – served with a choice of tuna, baked beans, cheese or ham	
TUESDAY – Week 3	
<b>Pasta Carbonara</b> – smoked bacon lardons served in a creamy cheese sauce with penne pasta, garlic bread and salad	
<b>Butternut Squash &amp; Sweet Potato Curry</b> – cooked in a coconut, coriander and lime sauce, served with spinach rice and poppadums	
<b>Jacket Potato</b> – served with a choice of tuna, baked beans, cheese or ham	
WEDNESDAY – Week 3	
<b>Roast Gammon</b> – gammon served with roast potatoes, sautéed cabbage and a rich fruit gravy	
<b>Spicy Bean Burrito</b> – a mix of beans and vegetables baked in a flour tortilla served with a tomato salsa and a tomato and corn salad	
<b>Jacket Potato</b> – served with a choice of tuna, baked beans, cheese or ham	
THURSDAY – Week 3	
<b>Theme Day Thursday</b> – children will be able to choose their own meal on this day. Themes will be based around International Dishes, Seasonal Events and Curriculum Subjects with meat and vegetarian alternatives.	
<b>Jacket Potato</b> – served with a choice of tuna, baked beans, cheese or ham	
FRIDAY – Week 3	
<b>Jumbo Fish Goujons</b> – served with chips and garden peas	
<b>Fish Pie</b> – chunks of smoked and white fish in a parsley sauce topped with grated potatoes	
<b>Quorn Sausages</b> – Quorn sausages served with onion gravy	
<b>Jacket Potato</b> – served with a choice of tuna, baked beans, cheese or ham	
EVERY DAY – Week 3	
<b>Salad Bar</b> – a selection of freshly made seasonal salads, available every day	
<b>Deserts</b> – a choice of cakes, desserts, jelly, yogurt, fresh fruit platter and whole fruits	
Wednesday is Fruity Wednesday – a lunch without cakes!	