

Menu for September 2019

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