

YUM YUM
Nutritious School Lunches
Menu for 2019 Autumn Term

Week 1 (vegetarian):

Monday

Penne with roast tomato and aubergine
Mozzarella cheese bake
(SI: Aubergine, Carrot and celery)
Fresh fruit

Tuesday

Vegetable Moroccan Tagine with cous cous
(SI: Split lentils)
Fresh fruit

Wednesday

Falafel balls with tomato sauce and roast potatoes
(SI: lentils)
Fresh fruit

Thursday

Special of the week, changes every other week, here's where we try out new dish and cook old favourites. A different vegetarian option will be available on each week. A vegetarian version of the dish of the day.
Fresh fruit

Friday

Courgette and cheddar Fritters with mash, carrots and peas
Fresh fruit
or
Pea and cheddar risotto with mushroom
Fresh fruit

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Week 2 (vegetarian):

Monday

Homemade pizza squares
Green salad with sesame seeds
(S!: Tomatoes, red peppers, mushrooms and carrots)
Fresh fruit

Tuesday

Veggie Sausages with mash, broccoli, green beans and BBQ sauce

Wednesday

Vegetarian bolognese with diced veg and spaghetti
Fresh fruit

Thursday

Jerk black beans and vegetables with steamed rice
Fresh fruit

Friday

Curried lentils with Battered vegetables
Buttered peas and carrots
Fresh fruit

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Week 1:

Monday

Penne with roast tomato and aubergine
Mozzarella cheese bake
(SI: Aubergine, Carrot, celery)
Fresh fruit

Tuesday

Moroccan chicken tagine with pumpkin, honey and preserved lemon
Steamed Cous Cous
(SI: Carrots, courgette and leeks)
Fresh fruit

Wednesday

Roast loin of pork
Roast potatoes, broccoli and carrots
Yorkshire puddings with gravy
Fresh fruit

Thursday

Special of the week, changes every other week, here's where we try out new dish and
cook old favourites
Lasagne or Spaghetti Bolognese
Cottage pie
Creamy light korma sauce with chicken breast meatballs and pilau rice
Chicken Pinchitos with vegetable cous cous
Chicken and vegetable noodle stir-fry
Fresh fruit

Friday

Battered fish
(SI: Sesame seeds for calcium and magnesium)
Mash/oven potatoes and buttered peas and carrots

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Week 2:

Monday

Homemade pizza squares
Green salad
(SI: Tomatoes, red peppers, mushrooms and carrots)
Fresh fruit

Tuesday

Breaded chicken with mash, broccoli, green beans and BBQ sauce
Fresh fruit

Wednesday

Beef Bourignon with mashed potatoes and buttered green beans
(SI: Carrots, mushroom, and leek)
Fresh fruit

Thursday

Pork Meatballs in Tomato and vegetable sauce with Sautéed rice
(SI: Carrots, leeks, red peppers and mushrooms)

Friday

Hake, tuna and sweetcorn fish cakes with oven potato wedges
Fresh fruit
or
Tuna rice