

YUM YUM  
Nutritious School Lunches  
Menu Autumn Term 2020

Week 1:

Monday

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

Tuesday

Breaded chicken with home-made oven roast potato wedges, broccoli, green beans and BBQ sauce  
Fresh fruit

Wednesday

Stir fried chicken or pork noodles with vegetables, GMO free soy sauce, lime and ginger  
Fresh fruit

Thursday

Special of the week, changes every other week, here's where we try out new dishes and cook old favourites

- Lasagne or Spaghetti Bolognese
- Cottage pie
- Moroccan chicken tagine with pumpkin, honey and preserved lemon
- Steamed Cous Cous

Fresh fruit

Friday

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

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Week 2:

Monday

Homemade pizza squares

Green salad

(SI: Tomatoes, red peppers, mushrooms and carrots)

Fresh fruit

Tuesday

Creamy light korma sauce with chicken breast meatballs and pilau rice

(SI: Carrots, courgette and leeks)

Fresh fruit

Wednesday

Chicken Pinchitos with vegetable cous cous

(SI: Courgettes, peppers, aubergine, onion)

Fresh fruit

Thursday

Pork Meatballs in Tomato and vegetable sauce with Spaghetti

(SI: Carrots, leeks, red peppers and mushrooms)

Friday

Battered fish

Mash/oven potatoes and buttered peas and carrots

Fresh fruit

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Week 1 (vegetarian):

Monday

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

Tuesday

Lentil falafel or veggie Linda Macartney veggie sausages, roast potato wedges, broccoli, green beans and BBQ sauce  
Fresh fruit

Wednesday

Stir fried noodles with vegetables and marinated tofu, GMO free soy sauce, lime and ginger  
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

(SI: Tomatoes, red peppers, mushrooms and carrots)

Fresh fruit

Tuesday

Vegetable and yellow lentil creamy korma and pilau rice

Wednesday

Roast vegetable cous cous with chickpeas

Fresh fruit

Thursday

Veggie protein balls in tomato and vegetable sauce with spaghetti

Fresh fruit

Friday

Paprika and tomato lentils with Battered vegetables

Fresh fruit