

SCHOOLS MEALS – AUTUMN 2017 TERM 1

VEGETARIAN

2017	4 th September Week 1	11 th September Week 2	18 th September Week 3	25 th September Week 4	2 nd October Week 5	9 th October Week 6	16 th October Week 7
MONDAY	TE DAY	Pasta, Peas & Mushroom ~~~ Oat & Raisin Cookie	Margherita Pizza & Salad ~~~ Berry Muffin	Tomato & Vegetable Pasta ~~~ Carrot Cake	Macaroni Cheese & Peas ~~~ Anzac Biscuit	Pasta, Peas & Mushroom ~~~ Oat & Raisin Cookie	Margherita Pizza & Salad ~~~ Berry Muffin
TUESDAY	TE DAY	Toasted Cheese Wrap with Salad ~~~ Fruit Salad	Mushroom Supreme with Fusilli ~~~ Custard Biscuit	Butter Bean Chasseur with Mixed Vegetables ~~~ Oat & Raisin Cookie	Quorn Nuggets with Rainbow Salad ~~~ Fruit Sponge	Quorn Pattie, Roast Potatoes, Mixed Vegetables & Gravy ~~~ Fruity Flapjack	Mushroom Supreme with Fusilli ~~~ Custard Biscuit
WEDNESDAY	Spaghetti Lentil Bolognese ~~~ Strawberry Mousse	Mushroom Casserole & Dumplings with Broccoli/Cauliflower ~~~ Rice Pudding with Fruit Compote	Lentil Pie with Broccoli/Cauliflower ~~~ Berry Crumble & Custard	Lentil Lasagne & Salad ~~~ Sticky Toffee Pudding & Cream	Spaghetti Lentil Bolognese ~~~ Strawberry Mousse	Mushroom Casserole & Dumplings with Broccoli/Cauliflower ~~~ Rice Pudding with Fruit Compote	Lentil Pie with Broccoli/Cauliflower ~~~ Berry Crumble & Custard
THURSDAY	Root Vegetable Casserole with Cous Cous ~~~ Cranberry Cookie	Vegetable Sausage, Beans & Mash ~~~ Fruit Sponge	Bean Casserole with Couscous ~~~ Jam & Coconut Sponge	Quorn Pattie, Roast Potatoes, Carrots & Gravy ~~~ Lemon Drizzle Cake	Root Vegetable Casserole with Cous Cous ~~~ Cranberry Cookie	Vegetable Sausage, Peas, Mash & Gravy ~~~ Fruit Sponge	Bean Casserole with Couscous ~~~ Jam & Coconut Sponge
FRIDAY	Stuffed Jacket & Rice ~~~ Fruity Flapjack	Baked Potato Tuna Mayo, Cheese or Beans & Salad ~~~ Carrot Cake	Mozzarella Sticks with Rainbow Rice ~~~ Gingerbread Biscuit	Baked Potato Tuna Mayo, Cheese or Beans & Salad ~~~ Fruit Salad	Stuffed Jacket & Rice ~~~ Fruity Flapjack	Baked Potato Tuna Mayo, Cheese or Beans & Salad ~~~ Carrot Cake	Mozzarella Sticks with Rainbow Rice ~~~ Gingerbread Biscuit

All children will receive the main meal unless registered for vegetarian or specific dietary requirements i.e. gluten intolerance