

SCHOOLS MEALS – AUTUMN TERM 1

2023	WEEK 1 4 th September	WEEK 2 11 th September	WEEK 3 18 th September	WEEK 4 25 th September	WEEK 5 2 nd October	WEEK 6 9 th October	WEEK 7 16 th October	WEEK 8 23 rd October
MONDAY	TED	Macaroni Cheese with Peas & Carrots ~~~ Oat & Raisin Cookie	Tomato and Vegetable Pasta ~~~ Strawberry Yoghurt	Baked Potato Tuna Mayo, Cheese or Beans & Salad ~~~ Jam & Coconut Sponge Cake	Pasta, Peas & Bacon ~~~ Fruity Flapjack	Baked Potato Tuna Mayo, Cheese or Beans & Salad ~~~ Oat & Raisin Cookie	Macaroni Cheese with Peas & Carrots ~~~ Strawberry Yoghurt	Tomato and Vegetable Pasta ~~~ Custard Biscuit
TUESDAY	TED	Cottage Pie with Mixed Vegetables ~~~ Blueberry Scone	Spaghetti Bolognaise ~~~ Custard Biscuit	Cowboy Casserole with Rice ~~~ Oat & Raisin Cookie	Chicken Goujons with Golden Rice & Salad ~~~ Fruit Salad	Pork Meatballs in a Tomato Sauce with Spaghetti ~~~ Apple Crumble Cake	Cowboy Casserole with Rice ~~~ Fruit Salad	Chicken Supreme with Fusilli ~~~ Ginger Cake
WEDNESDAY	Chicken Goujons with Golden Rice & Salad ~~~ Fruity Flapjack	Chicken Chasseur with New Potatoes ~~~ Ginger Cake	Roast Chicken, Roast Potatoes, Mixed Vegetables & Gravy ~~~ Fruit Salad	Chicken Supreme with Fusilli ~~~ Lemon Drizzle Cake	Cottage Pie with Mixed Vegetables ~~~ Oat & Ginger Cookie	Chicken Chasseur with New Potatoes ~~~ Blueberry Scone	Roast Chicken, Roast Potatoes, Mixed Vegetables & Gravy ~~~ Oat & Ginger Cookie	Sausage in a Bun & Corn on the Cob ~~~ Fruity Flapjack
THURSDAY	Pork Meatballs in a Tomato Sauce with Spaghetti ~~~ Fruit Salad	Sausage in a Bun & Corn on the Cob ~~~ Custard Biscuits	Sausage, Mash & Beans ~~~ Apple Crumble Cake	Baked Potato Tuna Mayo, Cheese or Beans & Salad ~~~ Vanilla Biscuit	Sausage in a Bun & Corn on the Cob ~~~ Custard Biscuits	Chili Con Carne with Rice ~~~ Jam & Coconut Sponge Cake	Spaghetti Bolognaise ~~~ Lemon Drizzle Cake	TED
FRIDAY	Baked Potato Tuna Mayo, Cheese or Beans & Salad ~~~ Oat & Raisin Cookie	Salmon Fishcake & Peas ~~~ Jam & Coconut Sponge Cake	Margherita Pizza with Salad ~~~ Fruit Salad	Fish Pie & Mixed Vegetables ~~~ Blueberry Scone	Margherita Pizza with Salad ~~~ Strawberry Yoghurt	Salmon Fishcake & Peas ~~~ Vanilla Biscuit	Fish Pie & Mixed Vegetables ~~~ Fruity Flapjack	TED

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