

## Week 1 Autumn 2021, lunch menu – 6.9, 27.9, 18.10, 15.11, 6.12

Day	Option 1 – Hot meal	Option 2 – Sandwich – served with vegetable sticks, fruit & dessert	Option 3 – Hot Pasta/Jacket Potato/Panini
Monday – Pizza Day	Cheese & tomato pizza, wedges  Apple sponge & custard or Fresh fruit or yoghurt	Ham sandwich  Apple sponge & custard or Fresh fruit or yoghurt	Jacket potato with baked beans  Apple sponge & custard or Fresh fruit or yoghurt
Tuesday	V. macaroni cheese, green beans & sweetcorn, crusty bread  Fresh fruit & yoghurt	Egg mayo sandwich  Fresh fruit & yoghurt	Jacket potato with tuna  Fresh fruit & yoghurt
Wednesday	Roast chicken with sage & onion stuffing & gravy, vegetable, roast potatoes  Fruit muffin or Fresh fruit & yoghurt	Tuna sandwich  Fruit muffin or Fresh fruit & yoghurt	Jacket potato with baked beans  Fruit muffin or Fresh fruit & yoghurt
Thursday	Mexican tortilla boats, savoury rice, carrots & broccoli  Fruit flapjack or Fresh fruit & yoghurt	Cheese mayo sandwich  Fruit flapjack or Fresh fruit & yoghurt	Jacket potato with cheese  Fruit flapjack or Fresh fruit & yoghurt
Friday	Fishcake, sweet potato fries  Chocolate banana sponge & chocolate sauce or Fresh fruit & yoghurt	Cheese sandwich  Chocolate banana sponge & chocolate sauce or Fresh fruit & yoghurt	Tuna panini  Chocolate banana sponge & chocolate sauce or Fresh fruit & yoghurt

## Week 2 Autumn lunch menu – 13.9, 4.10, 1.11, 22.11, 13.12

Day	Option 1 – Hot Meal	Option 2 – Sandwich – served with vegetable sticks, fruit & dessert	Option 3 – Hot Pasta/Jacket Potato/Panini
Monday – Pizza Day	Cheese & tomato pizza, wedges  Apple sponge & custard or Fresh fruit or yoghurt	Cheese sandwich  Apple sponge & custard or Fresh fruit or yoghurt	Jacket potato with baked beans  Apple sponge & custard or Fresh fruit or yoghurt
Tuesday	Pasta Bolognaise  Cheese & crackers or Fresh fruit & yoghurt	Tuna & cucumber sandwich  Cheese & crackers or Fresh fruit & yoghurt	Cheese panini  Cheese & crackers or Fresh fruit & yoghurt
Wednesday	Sausage toad in the hole with onion gravy, creamy mashed potatoes, broccoli & swede, herbie bread  Fruit mousse or Fresh fruit & yoghurt	Ham sandwich  Fruit mousse or Fresh fruit & yoghurt	Jacket potato with tuna  Fruit mousse or Fresh fruit & yoghurt
Thursday	Burger and wedges  Apple & berry pie or Fresh fruit & yoghurt	Egg mayo sandwich  Apple & berry pie or Fresh fruit & yoghurt	Tuna melt panini  Apple & berry pie or Fresh fruit & yoghurt
Friday	Fish fingers, chipped potatoes  Fruit shortcake or Fresh fruit & yoghurt	Chicken sandwich  Fruit shortcake or Fresh fruit & yoghurt	Tomato & basil pasta pot  Fruit shortcake or Fresh fruit & yoghurt

## Week 3 Autumn lunch menu – 20.9, 11.10, 8.11, 29.11

Day	Option 1 – <b>Hot Meal</b>	Option 2 – <b>Sandwich – served with vegetable sticks, fruit and dessert</b>	Option 3 – <b>Hot Pasta/Jacket Potato/Panini</b>
Monday	Cheese & tomato pizza, wedges  Apple sponge & custard or Fresh fruit or yoghurt	Tuna sandwich  Apple sponge & custard or Fresh fruit or yoghurt	Jacket potato with baked beans  Apple sponge & custard or Fresh fruit or yoghurt
Tuesday	Cheese & tomato pasta  Cheese & crackers or Fresh fruit & yoghurt	Egg mayo sandwich  Cheese & crackers or Fresh fruit & yoghurt	Jacket potato with tuna  Cheese & crackers or Fresh fruit & yoghurt
Wednesday	Roast pork loin with apple sauce & gravy, creamy mashed potatoes broccoli & carrots, 50/50 bread  Forest shortbread or Fresh fruit & yoghurt	Cheese sandwich  Forest shortbread or Fresh fruit & yoghurt	Chicken pasta pot  Forest shortbread or Fresh fruit & yoghurt
Thursday	Chicken korma & rice, green beans & cauliflower, naan bread  Fresh fruit & yoghurt	Chicken mayo sandwich  Fresh fruit & yoghurt	Jacket potato with cheese  Fresh fruit & yoghurt
Friday	Harry Ramsdens battered fish, chipped potatoes, peas & sweetcorn, sunflower seed bread  Iced swiss bun or Fresh fruit & yoghurt	Ham sandwich  Iced swiss bun or Fresh fruit & yoghurt	Jacket potato with chicken korma  Iced swiss bun or Fresh fruit & yoghurt