



## Autumn term menu

Week 1 (w/c 5.9.22, 26.9.22, 17.10.22, 14.11.22, 5.12.22)

<u>Day</u>	<u>Red Option</u>	<u>Blue Option</u>	<u>Green Option</u>
Monday	<p>Creamy macaroni cheese, garlic bread, broccoli &amp; sweetcorn</p> <p>Banana Mousse or Fresh fruit or yoghurt</p>	Egg mayo sandwich	Jacket potato with beans
Tuesday	<p>Chicken burger in bun, Diced potato, Winter slaw &amp; mixed salad</p> <p>Apple crumble &amp; custard or Fresh fruit or yoghurt</p>	Ham sandwich	Jacket potato with cheese or veg chilli
Wednesday	<p>Roast Gammon, gravy, baked baby potatoes, carrots and savoy cabbage</p> <p>Crusty bread</p> <p>Fruity flapjack or Fresh fruit or yoghurt</p>	Cheese sandwich	Jacket potato with tuna or chicken mayo
Thursday	<p>Chicken Korma &amp; Rice, Peas &amp; sweetcorn, Naan bread</p> <p>Cheese &amp; biscuits or Fresh fruit or yoghurt</p>	Tuna sandwich	Jacket potato with cheese or bolognese
Friday	<p>Fish fingers with ketchup, chips, Veggie sticks</p> <p>50/50 Bread</p> <p>Winter berry Bake &amp; Custard or Fresh fruit or yoghurt</p>	Chicken mayo sandwich	Jacket potato with cheese or beans



## Autumn term menu

Week 2 (w/c 12.9.22, 3.10.22, 31.10.22, 21.11.22, 12.12.22)

<u>Day</u>	<u>Red Option</u>	<u>Blue Option</u>	<u>Green Option</u>
Monday	<p>Cheese &amp; tomato pasta, Grated carrot &amp; cucumber sticks</p> <p>Seeded bread</p> <p>Oatie cookie or Fresh fruit or yoghurt</p>	Tuna sandwich	Cheese panini
Tuesday	<p>Tortilla boats, Vegetable rice, Carrots &amp; Broccoli</p> <p>Jelly &amp; Ice cream or Fresh fruit or yoghurt</p>	Egg mayo sandwich	Jacket potato with cheese or Chicken mayo
Wednesday	<p>Roast pork and apple sauce, gravy, creamy mashed potatoes, roasted parsnips &amp; green beans</p> <p>Wholemeal bread</p> <p>Cheese &amp; crackers or Fresh fruit or yoghurt</p>	Chicken sandwich	Jacket with beans or Bolognese
Thursday	<p>Meatballs &amp; Pasta,</p> <p>Green beans &amp; cauliflower</p> <p>Garlic bread</p> <p>Fruit muffin or Fresh fruit or yoghurt</p>	Ham & cheese panini	Jacket potato with cheese or tuna
Friday	<p>Harry Ramsden's battered fish with ketchup, chips, Peas &amp; sweetcorn</p> <p>50/50 Bread</p> <p>Chocolate orange sponge &amp; chocolate sauce or Fresh Fruit or yoghurt</p>	Cheese sandwich	<p>Jacket potato with cheese or Chicken &amp; sweetcorn</p>  <p>RICHMOND M.S. METHODIST SCHOOL <i>Doing all the good we can</i></p>



## Autumn term menu

Week 3 (w/c 19.9.22, 10.10.22, 7.11.22, 28.11.22)

<u>Day</u>	<u>Red Option</u>	<u>Blue Option</u>	<u>Green Option</u>
Monday	<p>Cheese &amp; onion roll, potatoe wedges, grated carrot &amp; cucumber sticks</p> <p>Herby Bread</p> <p>Fruity jam sandwich &amp; custard or Fresh fruit or yoghurt</p>	Cheese sandwich	Jacket potato with Beans or Tuna
Tuesday	<p>All day breakfast</p> <p>50/50 Bread</p> <p>Chocolate crispie cake or Fresh fruit or yoghurt</p>	Ham sandwich	Jacket potato with cheese or Veg Chilli
Wednesday	<p>Roast chicken &amp; Yorkshire pudding, gravy, creamy mashed potato, Autumn veg medley</p> <p>Sliced wholemeal bread</p> <p>Rice pudding &amp; peaches or Fresh fruit or yoghurt</p>	Egg mayo sandwich	Jacket potato with Beans or tuna
Thursday	<p>Spaghetti Bolognese, loaded potato skins, Peas &amp; sweetcorn</p> <p>Garlic bread</p> <p>Chocolate Berry Brownie or Fresh fruit or yoghurt</p>	Tuna sandwich	Jacket potato with cheese or Chicken Mayo
Friday	<p>Crispy fish Taco/ Wrap (salmon), chips, Winter slaw</p> <p>Lemon shortcake or Fresh fruit or yoghurt</p>	Chicken mayo sandwich	<p>Pizza</p> 