

## School Lunch Menu Autumn 2016

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Mild chicken curry	Pork sausages	Roast beef	Spaghetti Bolognese	Jumbo cod fish finger
<b>Vegetarian</b>	Vegetable curry	Vegetarian sausages	Quorn fillet	Cheesy pasta	Vegetable nuggets
<b>Vegetables and accompaniments</b>	Fluffy rice Peas Naan bread	Creamy mashed potato Baked beans or peas Gravy	Yorkshire pudding Roast potatoes Seasonal vegetables Gravy	Garlic bread	Crispy chips Baked beans or sweetcorn
<b>Alternative</b>	Crusty filled baguette with a daily choice of fillings or a jacket potato with choice of fillings also available and a daily salad bar				
<b>Dessert</b>	Strawberry Delight and peach slices	Warm waffles served with maple syrup and sliced banana	Pear halves and chocolate sauce with a vanilla ice cream tub	Apple crumble and custard	Brownies and orange wedges

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Battered 100% chicken fillet chunks	Penne pasta served with a tomato and basil sauce	Roast chicken with stuffing	Hearty slice of pizza with either a cheese and tomato or Pepperoni topping	Harry Ramsden's cod fillet
<b>Vegetarian</b>	Quorn nuggets		Roast Quorn fillet		Vegetable nuggets
<b>Vegetables and accompaniments</b>	Crispy cubes Baked beans or peas	Garlic bread Salad bar	Yorkshire pudding Crisp roast potatoes Seasonal vegetables Gravy	Salad bar including coleslaw, pasta salad and potato salad	Chips Baked beans or peas
<b>Alternative</b>	Crusty filled baguette with a daily choice of fillings or a jacket potato with choice of fillings also available and a daily salad bar				
<b>Dessert</b>	Chocolate sponge with chocolate custard	Toffee tart	Arctic roll	Fruit salad with cream	Iced vanilla sponge cake

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Chilli beef	Macaroni cheese	Roast pork	Chicken wraps	Jumbo fish finger
<b>Vegetarian</b>	Vegetarian mince chilli		Roast Quorn fillet	Quorn fillet wraps	Vegetable nuggets
<b>Vegetables and accompaniments</b>	Fluffy rice Peas Tortilla chips	Garlic bread Salad bar	Yorkshire pudding Roast potatoes Seasonal vegetables Gravy	Extensive salad bar	Crispy chips Baked beans or peas
<b>Alternative</b>	Crusty Filled Baguette with a daily choice of fillings or a jacket potato with choice of fillings also available and a daily salad bar				
<b>Dessert</b>	Jam tart and custard	Homemade carrot cake	Strawberry jelly and ice cream	Chocolate crunch with orange wedges	Cherry shortbread and grapes

**We serve fresh bread daily. Yoghurts and fruit are available as an alternative dessert**

**Water, milk, orange juice and apple juice are served every day**

**All meat is fresh daily from Burton's butchers in Saffron Walden. Fruit and vegetables are fresh from Readings in Braintree**