

Autumn Term

	<b><u>WEEK ONE</u></b>	<b><u>WEEK TWO</u></b>	<b><u>WEEK THREE</u></b>
<b>Monday</b>	(v)Cheese Catherine Wheel Tuna Catherine Wheel Carrots Summer Cabbage Parsley Potatoes Sunflower Seed Bread Vegetable Sticks Fresh Fruit Apple Crunchie Crumble Custard Yoghurt	Crumb Topped Vegetables Sausages and Gravy Medley of Vegetables Noisette Potatoes Poppy Seed Bread Vegetable Sticks Fresh Fruit Eves Pudding and Custard Yoghurt	Carrot Burger Cheese and Tomato Pizza Baked Beans Peas Potato Wedges Garlic Bread Vegetable Sticks Fresh Fruit Chocolate and Mandarin Sponge with Custard Yoghurt
<b>Tuesday</b>	Beef Lasagne Vegetable Lasagne Mixed Salad Jacket Potato Garlic Bread Vegetable Sticks Fresh Fruit Rice Pudding with Peaches Yoghurt	Chicken and Vegetable Pie Vegetable Stir Fry and Noodles Carrots Savoy Cabbage Parsley Potatoes Crusty White Bread Vegetable Sticks Fresh Fruit Orange Shortcake Yoghurt	Meatballs – Plain Gravy Spicy Tomato Sauce for Meatballs Vegetarian Shepherds Pie Broccoli Sweetcorn Pasta Spirals Poppy Seed Bread Vegetable Sticks Fresh Fruit Fruit and Seeded Flapjack Yoghurt
<b>Wednesday</b>	Chicken Tikka Pea and Potato Croquettes Cauliflower & Carrots Brown Rice Poppy Seed Bread Vegetable Sticks Fresh Fruit Rice Pudding with Peaches Yoghurt	Minced Beef and Yorkshire Pudding Vegetable Mousaka Cauliflower Peas Roast Potatoes Tomato Bread Vegetable Sticks Fresh Fruit Fruity Gingerbread Yoghurt	Cheese and Bacon Macaroni Lentil Curry Cucumber Sticks Grated Carrots Brown Rice Cheese and Onion Flat Bread Vegetable Sticks Fresh Fruit Sticky Toffee Pudding Custard Yoghurt
<b>Thursday</b>	Burger in a Seeded Bun Roasted Vegetable Past Mixed Salad Potato Wedges Vegetable Sticks Fresh Fruit Pineapple Sponge and Custard Yoghurt	Chicken Korma Vegetarian Bolognese Green Beans Sweetcorn Brown Rice Apricot and Seed Bread Vegetable Sticks Fresh Fruit Peach Crumble Yoghurt	Cauliflower Cheese Bake Roast Chicken Broccoli & Carrots Sweet Potato Mash Herbie Bread Vegetable Sticks Fresh Fruit Melon and Grapes Plain Yoghurt
<b>Friday</b>	Fish Fingers Vegetarian Chilli Sweetcorn & Peas Brown Rice Chips Herbie Bread Vegetable Sticks Fresh Fruit Arctic Roll and Fresh Fruit Yoghurt	Cheese Tomato Pasta Bake Salmon Nibbles Broccoli Carrots Potato Wedges Garlic Bread Vegetable Sticks Fresh Fruit Sticky Raisin and Apple Bars Yoghurt	Leek and Cheese Roll Salmon Fishcakes Sweetcorn & Peas Chips Wholemeal Bread Vegetable Sticks Fresh Fruit Berry Muffin Yoghurt

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