

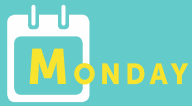
Autumn

Week **01**

# Lunch MENU

School

YOUR SCHOOL NAME



Thai red Potato

Penne pasta Roasted Garlic, tomato & tarragon sauce

Red Onion and Brie Omelette with Aubergine Chutney

Minted potatoes Steamed sweetcorn Buttered leeks

Cranberry & Honey flapjacks with pumpkin seeds



Celery apple & tomato

Spiced Turkey in a pitta bread with chick peas and pomegranate

Spiced Courgette & carrot falafel with pitta bread with minted yogurt

Coriander Cous Cous Fetta salad Toasted Pumpkin seed green beans Vanilla Ice cream & Cherry Sauce



Leek & baby sweetcorn

Lemon & Parsley Roast Chicken with Chorizo stuffing

Quorn fillet with a chestnut mushroom sauce

Roasted potatoes Broccoli Carrots

Mango & orange jelly



Everyday

Fresh Fruit Yoghurt Salad Selection Bread



Butternut Squash & lentil

Sweet & sour pork with fresh pineapple

Sweet & sour tofu with vegetables

Egg Fried rice Sugar snap peas Bean spouts Baby corn

Chocolate & Fairtrade Banana cake



Chicken Broth

MSC crispy battered Pollock with fresh lemon & tartare sauce

Red pepper, spinach & fetta pearl barley risotto

Crispy oven fries New potatoes Mushy peas Steamed courgettes

Apple and Blackberry fool



NOTES



We are award winners!