

Autumn

Week **03**

# Lunch MENU

School

YOUR SCHOOL NAME



Creamy Potato & Leek

farfalle Pasta

Chicken & Broccoli in a creamy sauce

Rhubarb & Vegetable Sauce

Ratatouille  
Sweetcorn

Pan Fried Leeks

Pumpkin & Sultana Rock cakes



Simple Tomato

Classic Beef Stew with Herb Dumplings

Gnocchi with sweet potato Spinach sauce

Mashed Potato  
Kale

Roasted Pumpkin

Apple & Red Cherry Oat Crumble



Smoked Paprika & Chickpea

Roast Turkey with Apricot Stuffing

Onion Mushroom & Thyme Tart

Roasted potatoes  
Savoy Cabbage  
Carrots & Parsnips

Zesty Fruit Salad



Everyday

Fresh Fruit  
Yoghurt  
Salad Selection  
Bread

THURSDAY



Roasted Indian Spiced Cauliflower

Pork in a Black bean & green Pepper Sauce

Vegetable Spring Rolls With Sweet Chilli Sauce

Egg Noodles  
Bak Choi & Mange tout  
Prawn Crackers

Greek Yoghurt with Blueberry Sauce



Sweetcorn chowder

MSC Breaded Pollock or Poached Salmon With Lemon

Handmade Cheese & Onion Pasty with Creamy Pesto sauce

Crispy Oven Fries  
Minted Garden Peas  
Roast tomatoes

Cranberry and white Chocolate Shortbread



NOTES



We are award winners!