

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	V Margherita Pizza Crispy Salad Potato Wedges V Vegetable Curry Boiled Rice Naan Bread ** Fruity Flap Jack	Sausage Platt Baked Beans Mashed Potatoes V Quorn Cottage Pie Veg of the Day ** Fruit Jelly & Cream	Roast Chicken Breast & Gravy Or V Quorn Fillet Vegetables, Roast Potatoes V Cauli & Broccoli Cheese Bake Roast Potatoes ** Chocolate Sponge & Chocolate Sauce	Liverpool Scouse Including Hearty Vegetables & Potatoes Crusty Bread V Quorn Swedish Style Balls in Tomato Sauce with Pasta Twists Crispy Salad, Crusty Bread ** Lemon Drizzle Sponge Finger	Fishy Friday Veg of the Day Chipped Potatoes V Mildly Spiced Bean and Cheese Quesadilla (folded soft tortilla wraps) Veg of the Day Chipped Potatoes ** Oaty Biscuit and Orange Slice
Week Two	V Veggie Sausage Baked Beans or Tomato Or Egg, Toast V Puff Pastry Cheese & Tomato Parcels Baked Beans ** Chocolate Crunch Biscuit	Minced Beef & Vegetable Pie & Gravy Veg of the Day & Mashed Potatoes V Vegetable & Lentil Stew Fresh Baked Bread ** Frozen Yoghurt	Roast Gammon Veg of the Day Roast Potatoes V Quorn Bolognese with Pasta Twists Home Made Garlic Bread ** Apple Crumble & Custard	Chines Chicken Curry Or V Veggie Curry Tricolour Rice V Caribbean Jerk Quorn Fillet Strips Peas & Sweetcorn Medley Potato Wedges ** Banana & Sultana Muffin	Fishy Friday Choice Veg of the Day Chipped Potatoes Friday Picnic V Filled Half Wrap, Mini Pizza, Veggie Sticks Chipped Potatoes ** Fresh Fruit Medley
Week Three	V Cheese & Potato Pie, Garden Peas or Baked Beans, Crusty Bread V Sweet Potato, Chickpea & Spinach Curry, Sunshine Rice ** Shortbread Finger & Orange Wedges	Chicken or Quorn Tikka Masala, Boiled Rice Naan Bread V Loaded Potato Skins And Veggie Chilli and Melted Cheese Topping & Coleslaw ** Marble Sponge and Custard	Oven Baked Sausage, Garden Peas, Mash & Gravy In a Yorkshire Pudding V Quorn Veggie Lasagne Half Jacket Potato, Crispy Salad ** Frozen Mousse	Chicken Bacon & Vegetable Pasta Bake V Quorn Burger in Soft Bap Mayonnaise Dressing, Crispy Salad, Potato Wedges ** Yoghurt Muffin	Fishy Friday Veg of the Day Chipped Potatoes Salmon & Broccoli Quiche or Cheese and Onion Quiche Veg of the day, Chipped Potatoes ** Cheese, Biscuits and Apple Slices

Also available daily: Freshly prepared sandwiches or jacket potatoes & various fillings, fresh bread & mixed salad bar. Fresh fruit or yoghurt, fresh fruit juice, semi-skimmed milk or fresh water.
 IF YOU CHOOSE SANDWICH OR JACKET ANY DAY, PLEASE MARK CLEARLY ABOVE ON THE CHOSEN DAY. THANK YOU.

SEPTEMBER 2021 3 WEEK MENU

Child's name _____ Class from Sept'21 _____