

VEGETARIAN / PESCATORIAN AUTUMN TERM 2019(Pescatarian fish on a Friday)

	Week 1 2 nd & 23 rd September 14 th October, 11 th Nov, 2 nd December	WEEK 2 9 th & 30 th September, 21 st October 18 th November 9 th December	WEEK 3 16 th September 7 th Oct 4 th & 25 th November , 16 th December
M O N D A Y	Quorn in Tomato sauce With Pasta Broccoli & Sweetcorn 50/50 Bread **** Chocolate Surprise Muffin Fresh Fruit Or Organic Pot Yoghurt	Quorn Bolognaise Peas & Sweetcorn Tomato Bread **** Fresh Fruit Platter Or Yoghurt	Cheese Veg Slice Diced Potatoes Baked Beans Carrot Sticks Sunflower Seed Bread **** Digestive Biscuit With Fruit Fresh Fruit Or Organic Pot Yoghurt
T U E S D A Y	Naan Quorn Korma & Rice Cauliflower & Green Beans Naan Bread **** Sticky Date & Apple Bar with Custard Fresh Fruit Or Organic Pot Yoghurt	V Popeye Pinwheel Pizza Italian Pasta Salad Grated Carrot Chipped Potatoes **** Chocolate Orange Sponge Chocolate Sauce Fresh Fruit Or Organic Pot Yoghurt	Quorn Hotpot Sweet Potatoes Mash Savoy Cabbage & Carrot Sunflower seed Bread **** Rice Pudding with Peaches Fresh Fruit Or Organic Pot Yoghurt
W E D N E S D A Y	Veg Sausage In Onion Gravy Mash Mixed Green & Carrots Sliced Wholemeal Bread **** Digestive Biscuit Cheese & Apple Fresh Fruit Or Organic Pot Yoghurt	Minced Quorn & Yorkshire Pudding Gravy Carrots & Roast Parsnips Creamed Potatoes Herbie Bread **** Yoghurt Fresh Fruit	Quorn & Veg Pie 1/2 Jacket Potatoes Medley Of Veg Crusty Bread **** Apple Berry Fool Fresh Fruit Or Organic Pot Yoghurt
T H U R S D A Y	Quorn Cottage Pie Broccoli & Winter Coleslaw Crusty Bread **** Fruity Ginger Bread with Custard Fresh Fruit Or Organic Pot Yoghurt	Moroccan Quorn with Cous Cous Veg Sticks Apricot Bread **** Raspberry Bun & Cheese Fresh Fruit Or Organic Pot Yoghurt	Mexican Minced Quorn Wrap Vegetable Rice Spanish Coleslaw Green Salad **** Orange Shortcake with Custard Fresh Fruit Or Organic Pot Yoghurt
F R I D A Y	Veg Pasty / Pescatarian Fish Baked Beans Chipped Potato Sunflower Seed Bread **** Fruit Salad Fresh Fruit Or Organic Pot Yoghurt	Jacket Potato with Bean Or Cheese/ Pescatarian Salmon Nibbles Tomato Sauce Broccoli & Carrots Potato Wedges Pumpkin Seed Bread Oaty Apple Crumble with Custard Fresh Fruit Or Organic Pot Yoghurt	French Bread Pizza / Pescatarian Fish Fingers Chipped Potato Peas & Sweetcorn Wholemeal Bread **** Winter Sponge Fresh Fruit Or Organic Pot Yoghurt