

## Vegetarian Menu September 2020

	WEEK 1 3 <sup>rd</sup> September	WEEK 2 7 <sup>th</sup> September	WEEK 3 14 <sup>th</sup> September
M O N D A Y	Vegetarian Sausage In Homemade Bun Tomato Ketchup Diced Potatoes Peas & Coleslaw **** Pineapple Upside Down Pudding & Custard or Fresh Fruit or Fruit Yoghurt	Cheese & Tomato Pizza Diced Potatoes Fruity Coleslaw & Green Salad 50/50 Bread **** Summer Fruit Crumble Custard	veggie Burger In Homemade Bun Chipped Potatoes Green Bean Sweetcorn **** Lime Drizzle Cake Fresh Fruit or Fruit Yoghurt
T U E S D A Y	Pasta Quorn Bolognaise Green Salad & Grated Carrot Garlic Bread **** Chocolate Orange Muffin or Fresh Fruit or Fruit Yoghurt	Quorn & Veg Pie, Gravy New Potatoes Peas & Sweetcorn Sliced Wholemeal Bread **** Banana Custard Fresh Fruit or Fruit Yoghurt	Veggie Fajitas & Vegetable Rice Broccoli & Carrots **** Sweet Pizza with Ice Cream or Fresh Fruit or Fruit Yoghurt
W E D N E S D A Y	Roast Quorn with Sage & Onion Stuffing & Gravy Roast Potatoes Medley Veg 50/50 Bread **** Oat Cookie with Apple Wedge or Fresh Fruit or Fruit Yoghurt	Veg Meatballs In Tomato Sauce Pasta Spirals Carrots & Green Beans Cheese & Onion Flatbread **** Fruity Paris Sandwich & Custard  Fresh Fruit or Fruit Yoghurt	Savoury Minced Quorn & Dumplings Mash Potatoes Carrots & Peas Sliced Wholemeal Bread ****  Chocolate Crunch or Fresh Fruit or Fruit Yoghurt
T H U R S D A Y	Mexican Quorn With Tortilla Boats Vegetable Rice Broccoli & Carrots Pitta Bread **** Fruit Jelly With Ice Cream or Fresh Fruit or Fruit Yoghurt	Quorn Korma & Brown Rice Medley of Vegetables Naan Bread **** Chocolate Muesli Krispie Or Fresh Fruit or Fruit Yoghurt	Roast Pork with Apple Sauce, Gravy Medley of Vegetables New Potatoes HM White Bread **** Digestive Biscuit & Cheese OR Fresh Fruit or Fruit Yoghurt
F R I D A Y	Veg Pasty Chipped Potatoes Peas & Sweetcorn HM Wholemeal Bread **** Digestive Biscuit & Cheese Or Fresh Fruit or Fruit Yoghurt	Loaded potato Skins with Tomato Ketchup Chipped Potatoes Vegetable Sticks  Wholemeal Crusty Bread **** Cheese & Crackers with Apple Wedge Or Fresh Fruit or Fruit Yoghurt	Cheese & Onion Wheel Potato Wedges Baked Beans Tomato Salad 50/50 Bread **** Fresh Fruit Salad with Cream OR Fresh Fruit or Fruit Yoghurt

Key Stage 2 classes Jupiter, Saturn, Uranus and Neptune will be offered jackets potatoes with cheese or beans Monday till Thursday Only. Fridays will be a filled panini with salad and chips.

Week one cheese panini, Week Two cheese panini , Week Three cheese and ham panini