

SUMMER/AUTUMN MENU 2019



**Meat Free
Monday**

**Traditional
Tuesday**

**World Food
Wednesday**

**Thursday
Favourites**

**Fish
Friday**

Week 1

Homemade Pizza Slices
Quorn Fajita
Pasta & Sauce
New Potatoes
Broccoli
Blueberry Frozen Yoghurt
with Seasonal Fruit Salad

Roast Dinner & Gravy
Vegetable Pilau
Pasta & Sauce
Roast & Mashed Potatoes
Spring Cabbage & Carrots
Cheese & Crackers with
Vegetable & Fruit Sticks
or Stewed Fruit & Custard

Homemade Chicken Curry
Mediterranean Quorn
Hot Sandwich Special
Sunshine Vegetable Rice
Sugar Snap Peas or
Cauliflower
Homemade Muffin

Bolognaise
Quorn Dippers
Hot Sandwich Special
Wholemeal Spaghetti & Garlic
Bread
Green Beans
Fruity Cereal Bar
or Stewed Fruit & Custard

Birdseye Fish Fingers
with Lemon Mayo Dip
Chickpea & Potato Curry
Pasta & Sauce
Sweet Potato Wedges
Peas or Carrots
Jelly & Fruit

Week 2

Vegetarian Brunch
Cheese Whirl
Pasta & Sauce
Herby Diced Potatoes
Baked Beans or Carrots
Strawberry & Kiwi Mousse

Tandoori Chicken
Vegetable Curry
Pasta & Sauce
Sunshine Rice
Broccoli
Chocolate Frozen Yoghurt
with Peaches

Baked Sausages & Onion Gravy
Filled Tortilla Boat
Pasta & Sauce
Mashed Potatoes
Carrots
Fruity Cookie

Meat & Vegetable Pie
Quorn Fillet & Gravy
Pasta & Sauce
Roast Potatoes
Sugar Snap Peas
or Cauliflower
Cheese & Crackers with
Vegetable & Fruit Sticks or
Stewed Fruit & Custard

Bubble Fish Fillet
Vegetable Pasta Bake
Hot Sandwich Special
Chips
Peas or Broccoli
Homemade Muffin

Week 3

Homemade Pizza Slices
Vegetarian Bolognaise
Sauté Potatoes
Spaghetti Sweetcorn or
Broccoli
Fruit Salad with Yoghurt
or Custard

Homemade Meatballs &
Sauce
Vegetable Biryani
Hot Sandwich Special
Wholemeal Pasta
Green Beans or Cucumber
Raita
Homemade Muffin

Homemade Lamb Curry
Cheesy Pasta
Hot Sandwich Special
Sunshine Rice
Green Beans
Fruit Salad with Mango
Frozen Yoghurt

Southern Style Chicken
with BBQ Dip
Vegetable Chilli con Carne
Pasta & Sauce
Sweet Potato Wedges
Vegetable Rice
Carrots
Chocolate & Mandarin Mousse

Harry Ramsden Seaside
Salmon Fillet
Veggie Sausage
Pasta & Sauce
Creamed Potatoes
Baked Beans or Broccoli
Fruity Rice Pudding

The Fresh Fayre Gang – making your school dinners taste great!

Lancasterian
School