

# Pre prep/ junior school weekly menu 1

## Autumn 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Butter chicken curry	Cheesy beef burrito	Roasted chicken & gravy	Pulled pork ragu with penne	Fish/ baked fish
Garnish	Mini poppadom / chutney	Sour cream	Stuffing & Yorkshire pudding	Grated cheese	Tartar sauce & Fresh lemon
Vegeterian	Rainbow chow mein	G/f Cheesy bean burrito	Root vegetable bake	Roasted tomato & basil g/f penne	Bean burger
Garnish	Prawn crackers	Sour cream	Yorkshire pudding	Grated cheese	Pineapple salsa
Carbohydrate	Brown rice	Smokey wedges	Skin on roast potato	Dough balls	chips
Vegetable 1	Vegetable fingers	Zesty butter corn on the cob	Carrots	Salad bowl	Peas / beans
Vegetable 2	Roasted cauliflower	Green beans	Fruity red cabbage	Broccoli	Kale / mange tout
Dessert	Vanilla shortbread	Fruit dippers	Pear & chocolate crumble with chocolate sauce	Lemon cheesecake pot	Blueberry seeded muffin
	Fresh cut fruit	Fresh cut fruit	Fresh cut fruit	Fresh cut fruit	Fresh cut fruit
	Fresh made yogurt	Fresh made yogurt	Fresh made yogurt	Fresh made yogurt	Fresh made yogurt