

# Descriptive menu for teachers and class staff

## Autumn Menu 2022

Revised 25/07/2022



### Week 1

<b>Monday</b>	Soft wholemeal pizza base topped with tomato sauce and mozzarella cheese served with baked beans and salad
<b>Tuesday</b>	Local pork sausages braised with beans, onions and garlic topped with a crispy herb crumb served with mashed potato Quorn sausages braised with beans, onions and garlic topped with a crispy herb crumb served with mashed potato
<b>Wednesday</b>	Local minced beef in a rich gravy with onion, swede, carrots and peas topped with mashed potato, served with fresh broccoli Soya mince in a rich gravy with onion, swede, carrots and peas topped with mashed potato, served with fresh broccoli
<b>Thursday</b>	Macaroni in a cheese sauce with cumin roasted cauliflower and fresh broccoli
<b>Friday</b>	Crispy battered fish fillet with chunky chips, peas or salad and tartar sauce Plain omelette with chunky chips and peas or salad

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### Week 2

<p><b>Monday</b></p>	<p>Traditional Bolognese sauce made with local beef, carrots, onion, celery, tomatoes and basil served with plain pasta and garlic bread</p> <p>Vegetarian Bolognese sauce made with textured vegetable protein, carrots, onion, celery, tomatoes and basil served with plain pasta and garlic bread</p>
<p><b>Tuesday</b></p>	<p>Pasty filled with chicken and ham, sage and onions served with mashed potato and baked beans</p> <p>Pasty filled with potato, cheese, onion and thyme served with mashed potato and baked beans</p>
<p><b>Wednesday</b></p>	<p>Roast pork with apple sauce, roast potatoes, carrots, savoy cabbage, peas and gravy</p> <p>Crepe filled with mushroom and cheese served with either roast potatoes, carrots, savoy cabbage and peas or salad</p>
<p><b>Thursday</b></p>	<p>Falafel (fried chickpea, onion, garlic and fresh herbs) served with vermicelli rice (steamed rice with soft fried noodles), mixed peppers, courgette, onions and aubergine in a lightly spiced tomato sauce, minted yoghurt dip and flatbread</p>
<p><b>Friday</b></p>	<p>Crispy breaded fish fillet in an unseeded bread bun with coleslaw and mixed salad</p> <p>Mediterranean vegetable quiche with mixed salad and new potatoes</p>

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### Week 3

<b>Monday</b>	Layered pasta with roasted vegetables and soya mince in a tomato and herb sauce topped with a creamy sauce served with salad and garlic bread
<b>Tuesday</b>	Beef burger with or without cheese in an unseeded bun served with chunky chips and a homemade burger sauce Vegetarian burger with or without cheese in an unseeded bun served with chunky chips and a homemade burger sauce
<b>Wednesday</b>	Local pork sausages in a Yorkshire pudding served with mashed potatoes, carrots, savoy cabbage, peas and gravy Vegetarian sausages in a Yorkshire pudding served with mashed potatoes, carrots, savoy cabbage, peas and gravy
<b>Thursday</b>	Chicken mild in a Korma sauce made with onions, tomato and coconut milk served with steamed rice and plain naan Vegetarian protein in a mild Korma sauce made with onions, tomato and coconut milk served with steamed rice and plain naan
<b>Friday</b>	Salmon fillet pieces coated in breadcrumbs served with ratatouille and new potatoes Quorn pieces coated in breadcrumbs served with ratatouille and new potatoes