AUTUMN menu 2023

Bidwell Brook School

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Weeks commencing 4th Sept, 25th Sept, 16th Oct,

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Beef Bolognese with garlic bread	Chicken korma with naan	Roast Turkey with stuffing	Margherita pizza	Local pork sausages with onion gravy
Option 2	Vegetarian Bolognese with garlic bread	Quorn korma with naan	Quorn Fillets with stuffing	Margherita pizza	Veggie sausages with onion gravy
Dessert	Mixed ice creams	Fruit crumble With custard	Fruit jelly pot	Sticky toffee pudding	Fresh fruit, yoghurt or cheese and biscuits

2

Weeks commencing 11th Sept, 2nd Oct

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pork & fennel meatballs with pasta	Chicken burger, chips and coleslaw	Sausage toad with mash	Beef chilli with rice	Chicken and bacon pie
Option 2	Vegetarian meatballs with pasta	Veggie burger, chips and coleslaw	Quorn sausage toad with mash	Vegetarian Chilli with rice	Quorn and mushroom pie
Dessert	Winter berry Pavlova	Fresh fruit, yoghurt or cheese and biscuits	Ice Cream	Double fruit flapjack with custard	Vanilla cheese cake

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Weeks commencing 18th Sept, 9th Oct

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Parmesan chicken with pasta	Chicken and ham pasty	Roast pork with apple sauce	Sweet & sour chicken with Chinese style rice	Fish, Chips and peas
Option 2	Parmesan Quorn with pasta	Cheese and potato pasty	Roast Quorn with apple sauce	Sweet & sour Quorn with Chinese style rice	Cheese Omlette chips
Dessert	Choc Ices	Fresh fruit, yoghurt or cheese and biscuits	Profiteroles with chocolate sauce	Chocolate brownie with ice cream	Pineapple upside down cake

Always available...

Mashed potatoes
and seasonal vegetables
Pesto Pasta • Tomato Pasta
Baked Beans • Mixed Salad
Gravies & Sauces

Tasting Plate

Taster portion of today's main course and dessert, half sandwich or baguette
vegetable sticks with hummus, soft cheese and fresh fruit

Tuna Mayo • Cheddar Cheese
Gammon Ham

Salad Bar

Lettuce • Tomato
Cucumber • Pasta Salad
Coleslaw • Potato Salad
Bread

Extra Desserts

Fresh Fruit • Natural Yoghurt

Made in the school kitchen from fresh ingredients

Contains extra hidden vegetables!

Full allergen, purée and blended diet information available from the school office, website or from catering@bidwellbrook.devon.sch.uk