



School Menu Year 5 - Year 13 Week Commencing 7th September 2020

It is the aim of the school to use **pure vegetable oil** for frying and to reduce the amount of **salt, fat & sugar** in all recipes

Please note: These are sample menus and may be subject to change due to Covid-19

Monday	Tuesday	Wednesday	Thursday	Friday
Main Course:				
Beef Goulash Rice Green Beans	Chicken in Cream Velouté Noodles Sweetcorn	Lamb Tagine Couscous Mixed Peppers	Bacon Steaks Roast Potatoes Cabbage	Curried Fish Rice Peas
Vegetarian Option:				
Mushroom Stroganoff	Jacket Potato	tbc	Pasta with Tomato or Cream Sauce	Chilli
Dessert:				
Whole Fruit Cheese & Crackers	Cut Fruit Banana Cake	Whole Fruit Yoghurt	Cut Fruit Crumble Slice	Whole Fruit Ice Cream