



# School Menu Year 5 - Year 13 Week Commencing 9th November 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
<b>Main Course:</b>				
<b>Panini</b>  New Potatoes Peas	<b>Babotie</b>  Pasta Green Beans	<b>Bolognese</b>  Rice Sweetcorn	<b>Carbonara</b>  Roast Potatoes Cabbage	<b>Salmon</b>  Parmentier Potatoes Baked Beans
<b>Vegetarian Option:</b>				
<b>TBC</b>	<b>Pinwheels Pizza</b>	<b>Jackets with cheese</b>	<b>Falafels and Pitta</b>	<b>Cauliflower and Broccoli Cheese</b>
<b>Dessert:</b>				
<b>Whole Fruit Flapjack</b>	<b>Cut Fruit Shortbread</b>	<b>Whole Fruit Yoghurt</b>	<b>Cut Fruit Scones</b>	<b>Whole Fruit Brownies</b>