



# School Menu Year 5 - Year 13 Week Commencing 23rd 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>Beef Rendang</b>  New Potatoes Peas	<b>Hoisin Pork</b>  Pasta Green Beans	<b>Hot Dogs</b>  Rice Sweetcorn	<b>Katsu Curry</b>  Roast Potatoes Cabbage	<b>Fish Breadcrumbs</b>  Parmentier Potatoes Baked Beans
<b>Vegetarian Option:</b>				
<b>Butternut Gnocchi</b>	<b>Aubergine Parmagana</b>	<b>Chickpea and Spinach</b>	<b>Vegetarian Lasagne</b>	<b>Smoky Courgette Chilli 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>