

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat or Fish Dish	Italian beef pasta	Baked salmon with honey mustard dressing topped with herb crumb	African chicken pieces	Lamb balti	Jumbo fish fingers
Main Vegetarian Dish	Margherita pizza	Jacket Potato with baked beans & cheese	Beetroot, spinach and potato gnocchi in tomato and basil	Vegetable risotto	Vegetable spring rolls
Starchy Dish		Baby new potatoes	Jollof rice	Stemmed rice	Spiced potato wedges
Vegetable	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
Salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad
Dessert	Banana and summer fruit smoothie	Strawberry mousse	Choc ice	Lemon drizzle cake	Ice cream pots
Fruit	Fruit selection or cheese & biscuits or fruit yoghurt	Fruit selection or cheese & biscuits or fruit yoghurt	Fruit selection or fruit yoghurt	Cheese & biscuits or fruit yoghurt	Fruit yoghurt
Drink	Fresh milk or water	Fresh milk or water	Fresh milk or water	Fresh milk or water	Fresh milk or water

Fresh soup with crusty bread available on some days

AUTUMN MENU – WEEK 1

John Keats School