

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat or Fish Dish	BBQ chicken breast	Assortment of wraps (tuna, chicken, cheese)	Three bean chilli in taco shells with sour cream	Turkey escalope in sundried tomato and feta	Hot dog
Main Vegetarian Dish	Jacket potato with beans and cheese		Beetroot, spinach and potato gnocchi in tomato and basil	Red Leicester, mozzarella and cheddar macaroni	Veggie burger
Starchy Dish	Spiced vegetable rice		Steamed rice	Herb roasted potatoes	Spicy 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	Blueberry muffin	Fresh fruit salad	Strawberry jelly	Apple crumble with custard	Ice cream pots
Fruit	Fruit selection or cheese & biscuits or fruit yoghurt	Fruit selection or cheese & biscuits	Cheese & biscuits or fruit yoghurt	Fruit selection or cheese & biscuits or fruit yoghurt	Fruit selection or cheese & biscuits
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 2

John Keats School