

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat or Fish Dish	Mince and onion pie	Chicken sausage with beef & onion gravy	Thai green chicken curry	Lasagna	Baked fish with home-made tartare sauce
Main Vegetarian Dish	Vegetable moussaka	Vegetarian sausage rolls	Jacket potato with a choice of filling	Four cheese ravioli in gorgonzola sage and basil	Quorn dippers
Starchy Dish	Sauté potatoes	Mashed potato	Lemon rice	Garlic bread	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	Mixed grape pots	Pear and gooseberry crumble with custard	Profiteroles and chocolate sauce	Apple and sultana pie with cream	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 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 3

John Keats School