



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Carrot & Coriander	Potato & Watercress	Minestrone	Broccoli	Pea & Mint
Mains	Tomato & Basil Meatballs	Bangers & Mash with Gravy	Honey Roast Gammon	Traditional Shepherd's Pie	Battered Fish with Lemon & Tartare Sauce
Jacket / Pasta	Cheese Sweet & Sour Vegetables	Cheese Bolognaise	Beans Chickpea & Chilli	Cheese Hungarian Beef	Beans Chicken Curry
Vegetarian	Vegetable Curry	Falafel Pitta with slaw	Five bean chilli with Rice	Quorn & Vegetable Pie	Vegetable Burger
Sides	Steamed rice Butternut Squash Green Beans	Penne pasta Carrots Minted Peas	Roast potato Cauliflower Steamed Broccoli	New potatoes Sweetcorn Roasted Balsamic Beetroot	Chips Garden Peas Mixed Peppers
Hot Dessert	Chocolate Sponge with Chocolate Sauce	Mango Rice Pudding	Pear Crumble	Pineapple Cake	Rhubarb & Vanilla Sponge Pudding with Custard
Cold desserts	Raspberry Cheesecake Water melon yoghurt pots	Chocolate Mousse Seasonal Fruit Salad Homemade yoghurt pots	Eton Mess Honeydew Homemade yoghurt pots	Strawberry Scones Cantaloupe Homemade yoghurt pots	Fruit Jelly Pineapple Homemade yoghurt pot

St Aubyn's School Menu Week 1