



St Aubyn's School Menu Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Cream of Leek	Tomato	Pumpkin	Minestrone	Broccoli
Mains	Cottage Pie Carrot & Potato Mash	Chicken & Leek Pie	Toad in Hole with Onions & Gravy	Beef Chilli Con Carne	Day Boat Fish "n" Chips, Fried, Crumbed or Grilled served with Tartare & Lemon
Jacket / Pasta	Cheese Cheese & Leek	Beans Vegetable Stroganoff	Cheese Basil Pesto	Beans Black Bean Chilli	Cheese Sweet & Sour Vegetables
Vegetarian	Filo Vegetable Pie	Pumpkin, Aubergine & Green Bean Korma with Rice	Autumn Harvest Hot Pot	3 Cheese Potato Cake	Cheddar Cheese Frittata
Sides	Sweet Potato Wedges Steamed Broccoli Roasted Swede	Half Jacket Potato Green Beans Cauliflower	Roasted New Potatoes Herby Carrots Minted Peas	Brown Rice Braised Kale Sweetcorn	Chips Peas Carrots
Hot Dessert	Apple Crumble with Custard	Stewed Fruit Waffle Finger	Peach Cobbler	Pear & Ginger Crumble with Yoghurt	Fruity Flapjack
Cold desserts	Watermelon Homemade yoghurt pots Fruit Jelly	Nectarine Fool Pineapple Homemade yoghurt pots	Exotic Fruit Salad Pot Honeydew Homemade yoghurt pots	Strawberry Mousse Cantaloupe Homemade yoghurt pots	Melon Wedges Fresh Fruit Salad Homemade yoghurt pots