



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Carrot & Coriander	Potato & Watercress	Minestrone	Vegetable Broth	Pea & Mint
Mains	Spaghetti in a Tomato & Basil sauce	Pork Sausages & Mash with Gravy	Roast Chicken	Traditional Beef Lasagne	Battered Fish with Lemon & Tartare Sauce
Jacket	Beans, Cheese or Tuna	Beans, Cheese or Tuna	Beans, Cheese or Tuna	Beans, Cheese or Tuna	Beans, Cheese or Tuna
Vegetarian	Creamy Mushroom Pasta	Quorn Sausages & Mash	Mushroom Wellington	Mac 'N' Cheese	Vegetable Burger
Sides	Butternut Squash Roast Courgette	Mash Potato Carrots Minted Peas	Roast potato Swede Steamed Broccoli	New Potatoes Sweetcorn Garlic Mushrooms	Chips Mushy Peas Beans
Hot Dessert	Chocolate Sponge with Chocolate Sauce	Lemon Drizzle with Custard	Pear Crumble with Cream	Sweet Belgian Waffle with Winter Berries	Vanilla Sponge Pudding with Custard
Cold desserts	Apple & Cinnamon Cold Crumble Water melon yoghurt pots	Fruit Jelly pot Seasonal Fruit Salad yoghurt pots	Lemon Posset Honeydew yoghurt pots	Fruit Jelly pot Cantaloupe yoghurt pots	Raspberry Cheesecake Pineapple yoghurt pot

St Aubyn's School Menu Week 1