



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Carrot & Coriander	Minestrone	Potato & Watercress	Cream of Mushroom	Mixed vegetable
Mains	Spaghetti in a Tomato & Basil sauce	Pork Sausages & Mash with Gravy	Kung Poa 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	Spaghetti in a Tomato & Basil sauce	Quorn Sausages & Mash	Kung Poa Corn	Vegetarian Lasagne	Vegetable Burger
Sides	Butternut Squash Roast Courgette	Mash Potato Carrots Minted Peas	Egg Noodles Swede Steamed Broccoli	Sweetcorn Garlic Mushrooms	Chips Mushy Peas Beans
Hot Dessert	Chocolate Sponge with Chocolate Sauce	Lemon Drizzle	Pear Crumble with Custard	Sweet Belgian Waffle with Winter Berries	Pineapple upside down
Cold desserts	Lemon Posset Water melon yoghurt pots	Fruit Jelly pot Seasonal Fruit Salad yoghurt pots	Chocolate Mousse Honeydew yoghurt pots	Fruit Jelly pot Cantaloupe yoghurt pots	Raspberry Cheesecake Pineapple yoghurt pot

St Aubyn's School Menu Week 1