



St Aubyn's School Menu Week 1

	MEET FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Carrot & Coriander	Minestrone	Mixed Vegetable	Potato and Watercress	Mushroom
Mains	Spaghetti in a Tomato & Basil sauce	Pork Sausages or Jacket potato	Chicken Stroganoff	Beef Lasagne	Battered Fish with Lemon & Tartare Sauce
Jacket available to years 3 onwards	Beans, Cheese, Salad Bar	Beans, Cheese, Salad Bar	Beans, Cheese, Salad Bar	Beans, Cheese, Salad Bar	Beans, Cheese, Salad Bar
Vegetarian	Spaghetti in a Tomato & Basil sauce	Vegetarian Sausages or Jacket Potato	Mushroom Stroganoff	Vegetarian Lasagne	Vegetable Burger
Sides	Butternut Squash Roast Courgette	Mashed Potato Peas & Carrots Beans	Basmati Rice Roast Swede Broccoli	Sweetcorn Garlic Mushrooms	Chips Mushy Peas Beans
Hot Dessert	Chocolate Sponge with Chocolate Sauce	Lemon Drizzle	Banana cake with Vanilla custard	Sweet Belgian Waffle with Winter Berries	Pineapple upside down
Cold desserts	Lemon Posset Mixed Fruit Platter yoghurt pots	Fruit Jelly pot Mixed Fruit Platter yoghurt pots	Chocolate Mousse Mixed Fruit Platter yoghurt pots	Fruit Jelly pot Mixed Fruit Platter yoghurt pots	Raspberry Cheesecake Mixed Fruit Platter yoghurt pot