



St Aubyn's School Menu Week 3

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Butternut squash	Broccoli	Tomato	Spiced vegetable	Vegetable Broth
Mains	Macaroni Cheese	Chicken and Leek Pie or jacket potato	Cajun Chicken	Beef Bolognese Bake	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	Macaroni Cheese	Cheese Leek and Potato Pie or Jacket Potato	Stuffed Portobello Mushroom	Tomato, Basil and Lentil Pasta Bake	Quorn Fillet
Sides	Steamed Broccoli Peas	Mashed Potato Green Beans Sweetcorn Baked Beans	Aromatic Rice Tomato Salsa Carrots	Sautéed Leeks Roast Peppers	Chips Garden Peas Mushy Peas
Hot Dessert	Apple Crumble with Custard	Jam and Coconut Sponge	Ginger Cake	Carrot Cake with Chantilly cream	Chocolate Brownie
Cold desserts	Super food Smoothie Mixed Fruit Platter yoghurt pots	Fruit Jelly Mixed Fruit Platter yoghurt pots	Chocolate Sundae Mixed Fruit Platter yoghurt pots	Fruit Jelly Mixed Fruit Platter yoghurt pots	Key Lime Pie Mixed Fruit Platter yoghurt pots