



St Aubyn's School Menu Week 1

| | MEET FREE MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|--|
| Soup | Mushroom | Minestrone | Mixed Vegetable | Potato and Watercress | Red Lentil & Onion |
| Mains | Spaghetti in a Tomato & Basil sauce | Pork Sausages or Jacket potato | Chicken Stroganoff | Salmon Fillet & Lemon | 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 | Sautéed Green Lentils & Asparagus | Vegetable Burger |
| Sides | Butternut Squash Roast Courgette | Mashed Potato Peas & Carrots Beans | Basmati Rice Roast Swede Broccoli | Wholemeal Pasta Sweetcorn Broccoli | Chips Mushy Peas Beans |
| Hot Dessert | Pineapple upside down Cake | Lemon Drizzle | Banana cake with Vanilla custard | Sweet Belgian Waffle with Summer fruits | Chocolate Sponge with Chocolate Sauce |
| 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 |