



# St Aubyn's School Menu Week 3

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Butternut squash	Broccoli	Tomato	Spiced vegetable	Vegetable Broth
<b>Mains</b>	Quorn and Vegetable Pie	Chicken Curry	Cajun Chicken	Beef Bolognese Bake	Battered Fish with Lemon & Tartare Sauce
<b>Jacket available to years 3 onwards</b>	Beans, Cheese, Salad Bar	Beans, Cheese, Salad Bar	Beans, Cheese, Salad Bar	Beans, Cheese, Salad Bar	Beans, Cheese, Salad Bar
<b>Vegetarian</b>	Quorn and Vegetable Pie	Vegetable Curry	Stuffed Portobello Mushroom	Tomato, Basil and Lentil Pasta Bake	Quorn Fillet
<b>Sides</b>	Mash Steamed Broccoli Peas	Basmati Rice Green Beans Baked Beans	Cous Cous Tomato Salsa Carrots	Sautéed Leeks Roast Peppers	Chips Garden Peas Mushy Peas
<b>Hot Dessert</b>	Rice Pudding	Jam and Coconut Sponge	Apple Crumble With Custard	Carrot Cake with Chantilly cream	Chocolate Brownie
<b>Cold desserts</b>	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