



St Aubyn's School Menu Week 3

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Butternut squash	Broccoli	Tomato	Spiced vegetable	Vegetable Broth
Mains	Vegetable Stir-Fry	Cajun Chicken	Beef and Onion Pie	Salmon Fillet And 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	Vegetable Stir-Fry	Stuffed Portobello Mushroom	Quorn and onion Pie	Sautéed Green Lentils & Asparagus	Quorn Fillet
Sides	Pak Choi Bean Sprouts Peas	Cous Cous Tomato Salsa / Salad Baked Beans	Mashed Potato White Cabbage Carrots	Wholemeal Pasta Sweetcorn Broccoli	Chips Garden Peas Mushy Peas
Hot Dessert	Rice Pudding	Jam and Coconut Sponge	Apple Crumble With Custard	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