



St Aubyn's School

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Lentil	Carrot and Coriander	Tomato and Basil	Roast Squash	Creamy Mushroom
Main Meal 1	Spaghetti served with Rich Tomato Sauce	Homemade Ham, Mushroom and Vegetable Pizza with Mediterranean Salad	Lemon and Herb Grilled Chicken with Rice, (H) Halal	Turkey and Vegetable Puff Pie with Gravy (Pastry Separate)	Omega 3 Fish Fingers or Battered Fish with Lemon
Main Meal 2	Spaghetti served with Rich Tomato Sauce	Margherita Pizza with Mediterranean Salad	Chickpea and Lentil Coconut Curry with Rice	Cherry Tomato Quiche	Vegetarian Sausages with optional Hot Dog Roll
Jacket Potato	Jacket Potato with Beans and Cheese	Jacket Potato with Beans and Cheese	Jacket Potato with Beans and Cheese	Jacket Potato with Beans and Cheese	Jacket Potato with Beans and Cheese
Sides	Garlic Bread Roasted Med Veg Sweetcorn and Broccoli	Baked Potato Wedges Green Beans or Steamed Carrots	Rice Broccoli Florets Grilled Courgettes	New Potatoes Steamed Carrots Steamed Kale	Chips Mushy Peas Baked Beans
Desserts	Chocolate and Orange Cake Mixed Fruit Platter Yoghurt Pots	Pineapple and Watermelon Mixed Fruit Platter Yoghurt Pots	Lemon Drizzle Cake Mixed Fruit Platter Yoghurt Pots	Banana Cake Mixed Fruit Platter Yoghurt Pots	Melon Wedges Fruit Salad Yoghurt Pots