



St Aubyn's School

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Potato and Leek	Tomato	Pea and Spinach	Mixed Vegetable	Carrot
Main Meal 1	Vegetarian Meatballs in a Tomato and Basil Sauce served with Rice	Sweet and Sour Turkey with Egg Noodles	Roast Chicken with optional Stuffing and Gravy	Spaghetti Bolognese, (H) Halal	Battered fish with Tartar Sauce and a Lemon Wedge
Main Meal 2	Vegetarian Meatballs in a Tomato and Basil Sauce served with Rice	Mushroom Frittata	Vegetable Wellington with optional Gravy	Vegetarian Spaghetti Bolognese	Vegan Fishless Fingers
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	Rice Roasted Mushrooms Steamed Broccoli and Carrots	Egg Noodles Roasted Peppers Carrots and Sugar Snap Peas	Roast Potatoes Kale Green Beans	Grilled Courgettes Sweetcorn Garlic Bread	Chips Mushy Peas Baked Beans
Desserts	Marble Cake Mixed Fruit Platter Yoghurt Pots	Seasonal Mixed Fruit Platter Yoghurt Pot	Shortbread Biscuits Mixed Fruit Platter Yoghurt Pots	Beetroot Brownie Mixed Fruit Platter Yoghurt Pots	Fruit Trifle Mixed Fruit Platter Yoghurt Pots