



# St Aubyn's School

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Vegetable and Lentil	Carrot and Herb	Tomato and Basil	Roast Squash	Creamy Mushroom
Main Meal 1	Homemade Mushroom and Vegetable Pizza with Mediterranean Salad	Beef and Hidden Vegetable Cottage Pie with Gravy	Roast Chicken with Stuffing and Gravy (H) Halal Option Available	BBQ Style Lemon and Herb Turkey Escalope	Omega 3 Fish Fingers or Battered Fish with Lemon
Main Meal 2	Pasta with a Simple Tomato Sauce or Cheese Sauce	Plant based, Soya Mince, Lentil and Vegetable Cottage Pie with Gravy	Cheese and Tomato Quiche	Homemade Falafel Balls with Chickpea Hummus and Pitta	Vegetarian Sausages
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	Coleslaw Sweetcorn Broccoli	Peas Carrots	Roast Potatoes Broccoli Florets Grilled Courgettes	New Potatoes Steamed Carrots Kale	Chips/Boiled Potatoes Mushy Peas Mixed Vegetables
Salad Bar	A Daily Selection Proteins and Salads including Lettuce, Cucumber, Sweetcorn, Tomato and Mixed Seasonal Salads				
Desserts	Banana Mixed Fruit Platter Yoghurt Pots Whole Fruit	Chocolate and Orange Cake Mixed Fruit Platter Yoghurt Pots Whole Fruit	Fruit Jelly Mixed Fruit Platter Yoghurt Pots Whole Fruit	Rocky Road Mixed Fruit Platter Yoghurt Pots Whole fruit	Melon Wedges Fruit Salad Yoghurt Pots Whole Fruit