



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	Pasta Penne with Tomato and Basil Sauce, Garlic Slice with Grated Parmesan	Bangers and Mash Potato with Onion Gravy	Spaghetti Bolognese, (H) Halal Option Available	Chicken Stir Fry with Soy Sauce	Battered fish with Tartar Sauce and a Lemon Wedge
Main Meal 2		Veggie Bangers and Mash Potato with Onion Gravy	Vegetarian Spaghetti Bolognese	Vegetables and Egg Fried Rice with Soy sauce	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	Roasted Mushrooms Steamed Broccoli	Mashed Potato Baked Beans Peas	Garlic Slice Kale Green Beans	Egg Noodles Roasted Peppers Sugar Snap Peas	Chips Mushy Peas Baked Beans
Salad Bar	A daily selection of proteins and salads including, lettuce, cucumber, sweetcorn, tomato and mixed seasonal salads.				
Desserts	Marble Cake Mixed Fruit Platter Yoghurt Pots	Carrot Cake Mixed Fruit Platter Yoghurt Pot	Shortbread Biscuits Mixed Fruit Platter Yoghurt Pots	Beetroot Brownie Mixed Fruit Platter Yoghurt Pots	Vanilla Ice Cream Mixed Fruit Platter Yoghurt Pots