



Week 3

# St. Aubyn's School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Red Lentil & Coriander	Tomato & Spinach	Carrot & Apple	Mushroom	Beetroot & Orange
Main Meal 1	Whole Wheat Pasta with either Roasted Plum Tomato Sauce or Three Cheese Sauce	Garlic & Herb Roast Chicken, Basil & Tomato Chutney	Cottage Pie Topped with Mash Potato & Gravy <i>(H) Halal Option Available</i>	<b>Marnie`s Chicken Schnitzel with Pitta Bread and Rocket Salad</b>	Battered MSC Pollock with Lemon & Tartare Sauce
Main Meal 2		<b>Myra's Spinach Paneer Curry with Turmeric Rice</b>	Autumn Vegetable & Lentil Pie, Sweet Potato Mash & Gravy	<b>Marnie`s Vegetarian Schnitzel with Pitta Bread and Rocket Salad</b>	Pitta Bread Pizza with Roast Peppers
Jacket Potato AVAILABLE TO YEAR 3 UP	Beans, Cheese, Salad Bar	Beans, Cheese, Salad Bar	Beans, Cheese, Salad Bar	Beans, Cheese, Salad Bar	Beans, Cheese, Salad Bar
On the Side	Whole Wheat Pasta Garlic Bread Roasted Vegetables	<b>Myra's 50/50 Rice</b> Broccoli <b>Myra's Sauté Carrots</b>	Steamed Peas Roast Carrots	Herby New Potatoes Sweetcorn Roasted Courgettes	Chips Garden Peas Baked Beans
Dessert	Maple Glazed Banana Cake Cut Fruit Platter Yoghurt Pots Fresh Fruit Salad	"BOOST IT" Berry Upside Down Cake Cut Fruit Platter Yoghurt Pots	Fruity Jelly Cut Fruit Platter Yoghurt Pots Whole Fruit	<b>Marnie`s American Pancakes with Maple Syrup</b> Cut Fruit Platter Yoghurt Pots	"BOOST IT" Chocolate & Beetroot Brownie Cut Fruit Platter Yoghurt Pots