



Week 3

St. Aubyn's School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Lentil	Mushroom	Tomato & Spinach	Broccoli	Carrot & Corriander
Main Meal 1	Quorn and Mushroom Pie Served with Puff Pastry & Gravy	Garlic & Herb Roast Chicken with Gravy	Mexican Beef Chilli with Salsa, Nachos & Guacamole <i>(H) Halal Option Available</i>	BBQ Chicken with Roast Peppers	Battered MSC Pollock with Lemon & Tartare Sauce
Main Meal 2	Sweet Pepper & Tomato Sauce with Penne Pasta	Tortilla Española	Roasted Pepper & Cheese Quesadilla	Falafel Balls with Pitta & Minted Yoghurts	Spiced Bean Burger, Lettuce and Relish in a Toasted Bun
Jacket Potato AVAILABLE TO YEAR 3 UP	Beans, Tuna, Cheese, Salad Bar	Beans, Cheese, Salad Bar	Beans, Tuna, Cheese, Salad Bar	Beans, Tuna, Cheese, Salad Bar	Beans, Cheese, Salad Bar
On the Side	Sweetcorn Roasted Mushrooms	Roasted New Potatoes Steamed Broccoli Curly Kale	Peas Steamed Carrots	Lemon Rice Green Beans Cauliflower Florets	Chips Mushy Peas Baked Beans
Dessert	Carrot Cake Fruit Salad Pots Cut Fruit Platter Assorted Yoghurt Pots	Marble Cake Strawberry Vegan Jelly Fruit Platter Assorted Yoghurt Pots	Homemade Oat Biscuits Pineapple Pots Assorted Yoghurt Pots Sliced Melons	Chocolate & Beetroot Brownie Assorted Yoghurt Pots Chocolate Mousse Pots Fresh Fruit Platter	Rocky Road Strawberry Vegan Jelly Fruit Platter Assorted Yoghurt Pots