**Randal Cremer Primary school**

Autumn Term Menu

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| Week 1 | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Meat Choice** | Meatballs in Tomato Sauce  | BBQ Chicken & Joll of Rice | Beef Casserole | Shepherds Pie | Breaded Fish (Oven baked) |
| **Vegetarian Choice** | Veg Quiche  | VegetableJoll of Rice | Veg Mince Lentils | Vegetable Shepherds Pie | Cheese filling (for Jacket Potatoes) |
| **Starch Options** | Pasta Garlic Bread  | Starch in both main bread | Mash PotatoesHomemade Bread | Homemade Bread | Jacket PotatoesSauté PotatoesBread |
| **Vegetable Selection** | CarrotsSalad | Green BeansSalad | Mixed VegetablesSalad | Baked BeansSalad | SweetcornSalad |
| **Dessert** | FruitCake & Custard | FruitYoghurt | FruitHomemade Flapjack  | FruitApple Crumble & Custard | FruitSemolina |
| Week 2 | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Meat Choice** | Chicken Curry  | Sausages | Beef Chilli Con Carne  | Herby Chicken  | Fish |
| **Vegetarian Choice** | Veg Curry | Vegetarian Burgers  | Veg Chili Con Carne | Kiddies Cowboy Vegetable Hot Pot  | Macaroni Cheese |
| **Starch Options** | RiceNaan Bread | Mash PotatoesHomemade Bread | RiceGarlic Bread  | Roast PotatoesBread Rolls | ChipsHomemade Bread |
| **Vegetable Selection** | PeasSalad | SweetcornSalad | Carrots Salad | CabbageSalad | Baked Beans Salad |
| **Dessert** | FruitCake & Custard | Fruit | Fruit Rice Pudding  | FruitPeaches & Custard  | FruitLemon Sponge  |

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| Week 3 | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Meat Choice** | Beef Spaghetti Bolognese | Chicken Casserole  | Lamb Joll of Rice  | Chicken Pasta & Tomato | Fish Fingers Cod or haddock  |
| **Vegetarian Choice** | Veg Bolognese | Vegetable Casserole  | Vegetable Joll of Rice  | Vegetable Pie | Cheese filling (for Jacket Potatoes) |
| **Starch Options** | Garlic bread | Boiled New Potatoes  | RiceHomemade Bread | PastaHomemade Bread | Chips Homemade Bread |
| **Vegetable Selection** | SweetcornSalad | CarrotsSalad | Mixed VegetablesSalad | PeasSalad | Baked Beans Salad |
| **Dessert** | FruitChocolate Cake  | Semolina | Fruit Yoghurt | FruitPineapple Crumble & Custard | FruitHomemadeFlapJack |

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| Week 4 | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Meat Choice** | Chicken Fried Rice  | Beef Lasagne  | Beef Chilli | Roast Chicken  | Cod Portion (Oven baked) |
| **Vegetarian Choice** | Vegetable Fried Rice  | Vegetable Lasagne  | Vegetable Chilli  | Macaroni Cheese  | Vegetable Pie |
| **Starch Options** | RiceHomemade Bread  | PastaGarlic Bread  | RiceHomemade Bread | PastaRoast Potatoes | Spaghetti Hoops WedgesHomemade Bread |
| **Vegetable Selection** | PeasSalad | Mixed Vegetables Salad | BroccoliSalad | SweetcornSalad | Salad |
| **Dessert** | FruitYoghurt | FruitCake | Fruit Apple Cake  | FruitSemolina | FruitCake  |