**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 | Vegetable  Joll of Rice | Veg Mince Lentils | Vegetable  Shepherds Pie | Cheese filling (for Jacket Potatoes) |
| **Starch Options** | Pasta Garlic Bread | Starch in both main bread | Mash Potatoes  Homemade Bread | Homemade Bread | Jacket Potatoes  Sauté Potatoes  Bread |
| **Vegetable Selection** | Carrots  Salad | Green Beans  Salad | Mixed Vegetables  Salad | Baked Beans  Salad | Sweetcorn  Salad |
| **Dessert** | Fruit  Cake & Custard | Fruit  Yoghurt | Fruit  Homemade Flapjack | Fruit  Apple Crumble & Custard | Fruit  Semolina |
| 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** | Rice  Naan Bread | Mash Potatoes  Homemade Bread | Rice  Garlic Bread | Roast Potatoes  Bread Rolls | Chips  Homemade Bread |
| **Vegetable Selection** | Peas  Salad | Sweetcorn  Salad | Carrots  Salad | Cabbage  Salad | Baked Beans  Salad |
| **Dessert** | Fruit  Cake & Custard | Fruit | Fruit  Rice Pudding | Fruit  Peaches & Custard | Fruit  Lemon 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 | Rice  Homemade Bread | Pasta  Homemade Bread | Chips  Homemade Bread |
| **Vegetable Selection** | Sweetcorn  Salad | Carrots  Salad | Mixed Vegetables  Salad | Peas  Salad | Baked Beans  Salad |
| **Dessert** | Fruit  Chocolate Cake | Semolina | Fruit  Yoghurt | Fruit  Pineapple Crumble & Custard | Fruit  Homemade  FlapJack |

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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** | Rice  Homemade Bread | Pasta  Garlic Bread | Rice  Homemade Bread | Pasta  Roast Potatoes | Spaghetti Hoops  Wedges  Homemade Bread |
| **Vegetable Selection** | Peas  Salad | Mixed Vegetables  Salad | Broccoli  Salad | Sweetcorn  Salad | Salad |
| **Dessert** | Fruit  Yoghurt | Fruit  Cake | Fruit  Apple Cake | Fruit  Semolina | Fruit  Cake |