

ST. IVES INFANT SCHOOL MENU – AUTUMN TERM 2018

V=Vegetarian. Water provided. All meals served with fresh bread and salad. Meat & veg from local suppliers. Main dishes and puddings are homemade. Any bought in food is very high in meat or fish content eg fish fingers. We do not use salt in our cooking and only use cocoa, not chocolate. Meals may be subject to change at times due to availability and special offers.

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03/09/2018	<u>Pasta Day</u> Bacon, mushroom & tomato pasta bake	<u>Children's favourites</u> Chicken breast chunks	<u>Roast Day</u> Roast chicken	<u>'Best of British'</u> Cottage pie	<u>Chip Day</u> Cod fillets in batter
24/09/2018					
15/10/2018	Macaroni & two cheese sauce (V)	Margherita pizza (V) Made with our 5 a day sauce	Quorn sausages(V) Gravy	Quorn cottage pie (V)	Sweet potato & vegetable frittata (V)
12/11/2018	Garlic bread Crisp green salad Mixed veg	Baked potatoes Carrots & broccoli Cucumber salad	Crispy roast potatoes Stuffing Yorkshire pudding Roast root veg Cauliflower & carrots	Spring greens/swede Crusty brown bread Tomato salad	Chips Peas/ Beans Coleslaw Bread
03/12/2018	Oaty cookies Fresh fruit Yoghurt Jelly	Chocolate cupcakes Fresh fruit Yoghurt	Black forest roulade Fresh fruit Yoghurt/Jelly	Bakewell tart Jelly Yoghurt Fresh fruit	Jelly & ice-cream Yoghurt Fresh fruit
10/09/2018	Pork & beef meatballs in our tomato sauce	Pitta pockets with mild jerk chicken	Roast beef & Yorkshire pudding	Etherington's pork sausages	Cod fish fingers
01/10/2018					
29/10/2018	Meat free carbonara(V) Spaghetti	Cheese & roast vegetables(V)	Quorn slices (V)	Quorn sausages (V)	Vegi burgers (V)
19/11/2018	Garlic bread slices Green beans/ sweetcorn Mixed salad leaves	Savoury rice Broccoli & carrots Red cabbage & apple slaw	Crispy roast potatoes Savoury cabbage & mashed roots Gravy White bread	Creamy mashed potato Carrots/sweetcorn Cucumber & tomato salad Crusty bread	Chips Peas/Beans Coleslaw Bread
10/12/2018	Iced vanilla sponge Fruit Yoghurt	Butter crunch cookies Jelly Fresh fruit Yoghurt	Rustic French apple tart & cream Fresh fruit Yoghurt	Fruity jam sponge & custard Jelly Fresh fruit Yoghurt	Carrot cake squares Jelly/Fresh fruit Yoghurt
17/09/2018	5 a day bolognese Pasta shells	100% Turkey burgers & baps	Pork roast Vegi roast (V)	Pasty pie Cheese & onion pie (V)	Cod shapes
08/10/2018					
05/11/2018	Pesto, pea & parmesan pasta (V) Tomato salad & sweetcorn	Bean burgers (V)	Crispy roast potatoes Stuffing Cauliflower & leek bake Roast root veg Gravy Bread	New potatoes Local greens & carrots Gravy Mixed salad Bread	Chick pea & squash mild curry (V)
26/11/2018	Carrots & mixed veg Garlic bread Blueberry & banana muffins Fresh fruit Jelly/Yoghurt Yoghurt	Potato wedges Tomato relish Corn & peas Coleslaw	Autumn fruit crumble & custard Fresh fruit/ Yoghurt Jelly	Chocolate sponge pudding Jelly/Yoghurt/Fresh Fruit	Chips Beans/peas Coleslaw Bread
17/12/2018		Strawberry cupcakes Fresh fruit/Jelly/Yoghurt Ice-cream			Citrus cheesecake Jelly/ Fresh fruit/Yoghurt

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