






Asterdale Primary School Autumn Menu 2017






Week 1	Weeks Commencing 7 th September, 25 th September, 16 th October				
	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Meat Choice	Fish Fingers Served with Jacket Potato with Cheese Rice Baked Beans, Sweetcorn	Gammon Served with Mashed Potato or Jacket Potato Broccoli, Carrots Gravy	Beef Chilli Served with Chips or Rice Mixed Vegetables	Roast Chicken Served with Sage & Onion Stuffing Mashed Potato, New Potatoes Carrots, Cauliflower Gravy	Hotdog in a Roll Served with Potato Wedges, Jacket Potato Sweetcorn
Option 2 Vegetarian Choice	Jacket Potato with Cheese Rice Served with Baked Beans, Sweetcorn	Best of British Quorn Sausage Served with Mashed Potato or Jacket Potato Broccoli, Carrots Gravy	Homemade Pizza Served with Chips or Rice Mixed Vegetables	Salmon Bites Served with Mashed potato, New Potatoes Carrots, Cauliflower Gravy	Quorn Sausage in a Roll Served with Potato Wedges, Jacket Potato Sweetcorn
Dessert of the Day	Paris Sandwich with Custard	Cornflour Biscuit	Icecream Roll	Chocolate Cracknel	Cup Cake
Alternative	<p>Fresh fruit will be available daily. A selection of fruit yogurts will also be available daily.</p> 				
Added Extras	 <p>Unlimited fresh bread. Self-serve salad bar with a variety of salad items will be available daily.</p> 				

Note: Special diets can be catered for and full allergen information is available on request. Please see Joyce Robinson our Catering Manager for more information



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Week 2	Weeks Commencing 1 st September, 2 nd October				
	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Meat Choice	Chicken Burger Served with Herby Diced Potato or Jacket Potato Spaghetti Hoops Mixed Vegetables	Savoury Mince Served with Mashed Potato or Jacket Potato Broccoli, Diced Carrots Gravy	Pork Wraps Served with Chips or Jacket Potato Mushy Peas, Sweetcorn	Sliced Roast Beef Served with Yorkshire Pudding Mashed Potato, New Potatoes Peas, Carrots Gravy	Meatballs with Sauce Served with Pasta or Jacket Potato Peas, Salad
Option 2 Vegetarian Choice	Macaroni Cheese Served with Herby Diced Potato or Jacket Potato Spaghetti Hoops Mixed Vegetables	Meat Free Sausage Roll Served with Mashed Potato or Jacket Potato Broccoli, Diced Carrots Gravy	Fish in Batter Served with Chips or Jacket Potato Mushy Peas, Sweetcorn	Best of British Quorn Sausage Served with Mashed potato, New Potatoes Peas, Carrots Gravy	Tomato Pasta Bake Served with Jacket Potato Peas, Salad
Dessert of the Day	Rosalie Biscuit	Iced Sponge	Ground Rice with Jam	Jelly with Fruit Slice	Marble Sponge with Custard
Alternative	<p>Fresh fruit will be available daily. A selection of fruit yogurts will also be available daily.</p> 				
Added Extras	 <p>Unlimited fresh bread. Self-serve salad bar with a variety of salad items will be available daily.</p> 				

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Week 3	Weeks Commencing 18 th September, 9 th October				
	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Meat Choice	Chicken Curry Served with Chips, Rice Sweetcorn, Green Beans	Beefburger Served with Jacket Potato, Cheese Rice Baked Beans, Sweetcorn Gravy	Chicken Goujon Served with Jacket Potato, Cheese Rice Baked Beans, Sweetcorn	Sliced Roast Pork with Apple Sauce Served with Mashed potato, New Potatoes Carrots, Broccoli Gravy	Meat Lasagna Served with Saute Potato, Jacket Potato Peas, Salad
Option 2 Vegetarian Choice	Fish Cake Served with Chips, Rice Sweetcorn, Green Beans	Best of British Quorn Sausage Served with Mashed Potato or Jacket Potato Cauliflower, Peas Gravy	Jacket Potato with Cheese Served with Rice Baked Beans, Sweetcorn	Best of British Quorn Sausage Served with Mashed potato, New Potatoes Carrots, Broccoli Gravy	Meatfree Sausage Roll Served with Saute Potato, Jacket Potato Peas, Salad
Dessert of the Day	Chocolate Crunch with Custard	Fruit Muffin	Mousse	Shortbread	Carrot Cake
Alternative	<p>Fresh fruit will be available daily. A selection of fruit yogurts will also be available daily.</p> 				
Added Extras	 <p>Unlimited fresh bread. Self-serve salad bar with a variety of salad items will be available daily.</p> 				

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