

## Brunton First School 3 week menu

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main course 1</b>	Ham, egg mayo	Spaghetti Bolognese	Mince and Dumplings	Chicken with gravy and stuffing	Fish Cakes
<b>Main course 2</b>	Vegetable chilli	Quiche	Loaded vegetable pizza	Mixed bean and vegetable chow Mein	Macaroni Cheese
<b>Carbohydrates</b>	Choice of jacket potato or wrap	Garlic Bread Spaghetti New potatoes	New potatoes Potato wedges	Roast potatoes Mashed potatoes	Garlic and herb bread Chips
<b>Vegetables</b>	Salad selection	Sweetcorn Mixed Vegetables	Carrots Green beans and onion	Carrot, sweetcorn and broccoli	Baked beans Coleslaw
<b>Desserts</b>	Fruity muffin	Ice Cream and fruit	Chocolate Crispy Cake	Seasonal fruity Muffin	Raspberry & Lemon Cake with Custard
<b>Desserts available daily</b>	Selection of yogurts and fruit				
<b>Available daily</b>	Salad bar and fresh bread				

### WEEK 1

Week beginning: 3<sup>rd</sup> Sept, 24<sup>th</sup> Sept, 15<sup>th</sup> Oct, 12<sup>th</sup> Nov, 3<sup>rd</sup> Dec, 7<sup>th</sup> Jan, 28<sup>th</sup> Jan, 25<sup>th</sup> Feb, 18<sup>th</sup> March, 23<sup>rd</sup> April, 13<sup>th</sup> May, 10<sup>th</sup> June, 1<sup>st</sup> July

<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main course 1</b>	Tuna mayo	Minced beef and onion pie with gravy	Brunton Burger in a bun	Chicken and sweetcorn lasagne	Fish Goujons with Lemon mayo
<b>Main course 2</b>	Cheese, baked beans	Pasta topped with vegetable ragu	Fajitas - served with various fillings	Vegetarian Cottage Pie	Homemade roasted vegetable and cheese Pasta bake
<b>Carbohydrates</b>	Choice of jacket potato or wrap	Creamed potato	Sweet potato chips or Potato wedges	Garlic bread	Chips
<b>Vegetables</b>	Salad selection	Leeks Green beans	Peppers Coleslaw	Roasted Parsnips and Cabbage	Peas Sweetcorn
<b>Desserts</b>	Pear & Apple Crumble and custard	Orange Polenta cake	Chocolate orange muffin with chocolate sauce	Sliced peaches or pears with Custard	Season fruit jelly
<b>Desserts available daily</b>	Selection of yogurts and fruit				
<b>Available daily</b>	Salad bar and fresh bread				

### WEEK 2

Week beginning: 10<sup>th</sup> Sept, 1<sup>st</sup> Oct, 22<sup>nd</sup> Oct, 19<sup>th</sup> Nov, 10<sup>th</sup> Dec, 14<sup>th</sup> Jan, 4<sup>th</sup> Feb, 4<sup>th</sup> March, 25<sup>th</sup> March, 29<sup>th</sup> April, 20<sup>th</sup> May, 17<sup>th</sup> June, 8<sup>th</sup> July

<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main course 1</b>	Turkey,	Margarita Pizza	Kickin Chicken	Toad in hole served with gravy	Salmon and Tuna Pasta
<b>Main course 2</b>	Cheese savoury	Pasta, loaded with vegetables & topped with cheesy sauce	Sweet Potato, leek and cheese bake	Quorn Toad in the hole served with gravy	Vegetarian Lasagne
<b>Carbohydrates</b>	Choice of jacket potato or wrap	Pasta salad	Rice Tomato bread Potato wedges	Mashed potato	Herby bread
<b>Vegetables</b>	Salad selection	Roasted peppers Sweetcorn	Roasted vegetables	Swede, carrots & Broccoli	Peas Carrot
<b>Desserts</b>	Chocolate Fudge Cake	Rice Pudding	Arctic Roll	Ginger sponge and custard	Pear Flapjack and custard
<b>Desserts available daily</b>	Selection of yogurts and fruit				
<b>Available daily</b>	Salad bar and fresh bread				

### WEEK 3

Week beginning: 17<sup>th</sup> Sept, 8<sup>th</sup> Oct, 5<sup>th</sup> Nov, 26<sup>th</sup> Nov, 17<sup>th</sup> Dec, 21<sup>st</sup> Jan, 11<sup>th</sup> Feb, 11<sup>th</sup> March, 1<sup>st</sup> April, 7<sup>th</sup> May, 3<sup>rd</sup> June, 24<sup>th</sup> June, 15<sup>th</sup> July