

Brunton First School 3 week menu

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

Week 1

Week beginning: 13th Nov, 4th Dec, 8th Jan, 29th Jan,
26th Feb, 19th Mar, 23rd Apr, 14th May, 11th Jun, 2nd Jul

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

Week 2

Week beginning: 20th Nov, 11th Dec, 15th Jan, 5th Feb, 5th Mar, 26th Mar, 30th April, 21st May, 18th Jun, 9th July

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|---------------------------------|--|---------------------------------------|--|---------------------------|
| Main course 1 | Turkey, | Margarita Pizza | Kickin Chicken | Toad in hole served with gravy | Salmon and Tuna Pasta |
| Main course 2 | 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 |
| Carbohydrates | Choice of jacket potato or wrap | Pasta salad | Rice Tomato bread Potato wedges | Mashed potato | Herby bread |
| Vegetables | Salad selection | Roasted peppers Sweetcorn | Roasted vegetables | Swede, carrots & Broccoli | Peas Carrot |
| Desserts | Chocolate Fudge Cake | Rice Pudding | Arctic Roll | Ginger sponge and custard | Pear Flapjack and custard |
| Desserts available daily | Selection of yogurts and fruit | | | | |
| Available daily | Salad bar and fresh bread | | | | |

Week 3

Week beginning: 27th Nov, 18th Dec, 22nd Jan, 19th Feb,
12th Mar, 16th Apr, 7th May, 4th Jun, 25th Jun, 16th Jul