

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

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: 10th Sept, 1st Oct, 22nd Oct, 19th Nov, 10th Dec, 14th Jan, 4th Feb, 4th March, 25th March, 29th April, 20th May, 17th June, 8th 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: 17th Sept, 8th Oct, 5th Nov, 26th Nov, 17th Dec, 21st Jan, 11th Feb, 11th March, 1st April, 7th May, 3rd June, 24th June, 15th July