

BUDE INFANT SCHOOL MENU FROM JANUARY 2019 – (Milk, water & bread available daily)

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Week 1: w/c 7 th Jan, 28 th Jan 2019	<p>Cheese and Tomato Pizza or Homemade Salmon Fishcake *****</p> <p>Chips or Whole-wheat Pasta Baked Beans, Peas, Salad *****</p> <p>Fruit or Yogurt or Apple Crumble and Custard or Angel Delight mousse</p>	<p>Chicken Pie (Pie lid optional) With Potatoes or Vegetarian Toad in the Hole or a filled Jacket Potato (Cheese) *****</p> <p>Fresh Carrots, Broccoli, Green Beans *****</p> <p>Fruit or Jelly or Chocolate Krispy or Melon Boat</p>	<p>Fish Fingers with Mashed Potato or Pasta or Cottage Pie * *****</p> <p>Sweetcorn, Peas, Carrot Sticks *****</p> <p>Fruit or Yogurt Steamed Jam Sponge/ Rice Pudding</p>	<p>Roast Ham with Roast or Boiled Potatoes or Vegetarian Chilli Con Carne with Rice *****</p> <p>Fresh Carrots, Leeks, Cabbage, Baby Parsnips *****</p> <p>Fruit or Fruit Jelly/ or Banana Cake</p>	<p>Butchers' Sausage * in a roll or Falafel Balls (optional bbq sauce) *****</p> <p>Potato Cakes or Noodles *****</p> <p>Sweetcorn, Peas, Salad *****</p> <p>Fresh Fruit Salad or Ice Cream with Fruit Coulis or Shortbread biscuit or Scone</p>
Week 2: w/c 14 th Jan, 4 th Feb 2019	<p>Cheese whirls or Oven baked battered fish with Chips or Whole-wheat Pasta *****</p> <p>Sweetcorn, Peas, Salad *****</p> <p>Fruit or Yogurt or Pear Crumble and Custard or Fruit Delight</p>	<p>Yorkshire Pudding filled with Beef in Gravy with Potatoes or Tomato Pasta or a filled Jacket Potato (Tuna) *****</p> <p>Fresh Carrots, Brussel Sprouts, Roasted Root Veg, Green Beans *****</p> <p>Fruit or Jelly or Flapjack or Cheesecake with Mandarins</p>	<p>Chicken Wrapped in Bacon (Optional Curry Sauce) with Jacket Potato/Rice Or Macaroni Cheese *****</p> <p>Sweetcorn, Peas, Salad *****</p> <p>Fruit or Yogurt or Chocolate Cake with Chocolate Custard or Fruit Meringue</p>	<p>Roast Pork with Stuffing Roast or Boiled Potatoes or Veggie Spaghetti Bolognese *****</p> <p>Fresh Carrots, Cabbage, Cauliflower *****</p> <p>Fruit or Jelly or Apple Pie and Custard or Iced Finger Roll</p>	<p>Chipolata Sausages * with Mashed Potato/Pasta Or Sweet Potato Curry with Rice *****</p> <p>Baked Beans, Peas, Salad *****</p> <p>Fresh Fruit Salad or Carrot Cake or Ginger Biscuit or Scone</p>
Week 3: w/c 21 st Jan, 11 th Feb 2019	<p>Cheese and Tomato Pizza or Tuna Pasta Bake with Chips or Whole-wheat Pasta *****</p> <p>Sweetcorn, Peas, Salad *****</p> <p>Fruit or Yogurt or Jam Tart or Plum Crumble and Custard</p>	<p>Gammon Ham with Egg or Pineapple and Potatoes or Quorn Frankfurter and Bean Cobbler or a filled Jacket Potato (Chilli) *****</p> <p>Fresh Carrots, Broccoli, Green Beans *****</p> <p>Melon or Jelly or Raspberry Mousse Slice or Custard Biscuit</p>	<p>Spaghetti Bolognese * or Cheese Quiche and Mashed Potato/Plain Spaghetti *****</p> <p>Sweetcorn, Mixed Veg, Salad *****</p> <p>Fruit or Scone or Steamed Syrup Sponge and Custard</p>	<p>Roast Chicken with Stuffing with Roast/Boiled Potatoes or Vegetarian Meatballs *****</p> <p>Fresh Carrots, Cauliflower and Broccoli Mix *****</p> <p>Fruit or Jelly or Fruit Muffin or Bread and Butter Pudding</p>	<p>Big Breakfast * (Sausage, Bacon & Scrambled Egg) or Poached Fish and Rice *****</p> <p>Hash Browns, Tomatoes, Mushrooms, Baked Beans *****</p> <p>Toast, Yoghurt, Oat Biscuit or Stewed Fruit or Smoothie</p>

* = vegetarian available on request