

BUDE INFANT SCHOOL MENU FROM OCTOBER 2018 – (Milk, water & bread available daily)

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Week 1: w/c 29 Oct, 19 Nov, 10 Dec	Cheese and Tomato Pizza or Homemade Salmon Fishcake ***** Chips or Whole-wheat Pasta Baked Beans, Peas, Salad ***** Fruit or Yogurt or Apple Crumble and Custard or Angel Delight mousse	Chicken Pie (Pie lid optional) With Potatoes or Vegetarian Toad in the Hole or a filled Jacket Potato (Cheese) ***** Fresh Carrots, Broccoli, Green Beans ***** Fruit or Jelly or Chocolate Krispy or Melon Boat	Fish Fingers with Mashed Potato or Pasta or Cottage Pie * ***** Sweetcorn, Peas, Carrot Sticks ***** Fruit or Yogurt Steamed Jam Sponge/ Rice Pudding	Roast Ham with Roast or Boiled Potatoes or Vegetarian Chilli Con Carne with Rice ***** Fresh Carrots, Leeks, Cabbage, Baby Parsnips ***** Fruit or Fruit Jelly/ or Banana Cake	Butchers' Sausage * in a roll or Falafel Balls (optional bbq sauce) ***** Potato Cakes or Noodles ***** Sweetcorn, Peas, Salad ***** Fresh Fruit Salad or Ice Cream with Fruit Coulis or Shortbread biscuit or Scone
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Week 2: w/c 5 th Nov, 26 th Nov, 17 th Dec	Cheese whirls or Oven baked battered fish with Chips or Whole-wheat Pasta ***** Sweetcorn, Peas, Salad ***** Fruit or Yogurt or Pear Crumble and Custard or Fruit Delight	Yorkshire Pudding filled with Beef in Gravy with Potatoes or Tomato Pasta or a filled Jacket Potato (Tuna) ***** Fresh Carrots, Brussel Sprouts, Roasted Root Veg, Green Beans ***** Fruit or Jelly or Flapjack or Cheesecake with Mandarins	Chicken Wrapped in Bacon (Optional Curry Sauce) with Jacket Potato/Rice Or Macaroni Cheese ***** Sweetcorn, Peas, Salad ***** Fruit or Yogurt or Chocolate Cake with Chocolate Custard or Fruit Meringue	Roast Pork with Stuffing Roast or Boiled Potatoes or Veggie Spaghetti Bolognese ***** Fresh Carrots, Cabbage, Cauliflower ***** Fruit or Jelly or Apple Pie and Custard or Iced Finger Roll	Chipolata Sausages* with Mashed Potato/Pasta Or Sweet Potato Curry with Rice ***** Baked Beans, Peas, Salad ***** Fresh Fruit Salad or Carrot Cake or Ginger Biscuit or Scone
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Week 3: w/c 12 th Nov, 3 Dec	Cheese and Tomato Pizza or Tuna Pasta Bake with Chips or Whole-wheat Pasta ***** Sweetcorn, Peas, Salad ***** Fruit or Yogurt or Jam Tart or Plum Crumble and Custard	Gammon Ham with Egg or Pineapple and Potatoes or Quorn Frankfurter and Bean Cobbler or a filled Jacket Potato (Chilli) ***** Fresh Carrots, Broccoli, Green Beans ***** Melon or Jelly or Raspberry Mousse Slice or Custard Biscuit	Spaghetti Bolognese * or Cheese Quiche and Mashed Potato/Plain Spaghetti ***** Sweetcorn, Mixed Veg, Salad ***** Fruit or Scone or Steamed Syrup Sponge and Custard	Roast Chicken with Stuffing with Roast/Boiled Potatoes or Vegetarian Meatballs ***** Fresh Carrots, Cauliflower and Broccoli Mix ***** Fruit or Jelly or Fruit Muffin or Bread and Butter Pudding	'Big Breakfast' * (Sausage, Bacon & Scrambled Egg) or Poached Fish and Rice ***** Hash Browns, Tomatoes, Mushrooms, Baked Beans ***** Toast, Yoghurt, Oat Biscuit or Stewed Fruit or Smoothie

* = vegetarian available on request