



Fowey Primary School

Autumn Menu 2018

Lunch Menu Week 1 03/09, 17/09, 01/10, 15/10, 05/11, 19/11, 03/12, 17/12	Lunch Menu Week 2 10/09, 24/09, 08/10, 29/10, 12/11, 26/11, 10/12
Monday Jacket Potato with Cheese, Beans or Tuna OR Macaroni Cheese Salad and Coleslaw Fresh Fruit or Carrot Cake	Monday Jacket Potato with Cheese, Beans or Tuna OR Roasted Vegetable Lasagne Salad and Coleslaw Fresh Fruit or Lemon Drizzle Cake
Tuesday Roast Pork with Apple Sauce OR Quorn Roast Roast Potatoes, Carrots & Parsnips, Gravy Lemon & Orange Muffin	Tuesday Roast Leg or Breast of Chicken with Stuffing OR Nut Roast Roast Potatoes, Carrots & Broccoli, Gravy Fresh Fruit or Apple & Cinnamon Muffins
Wednesday Chicken and Bacon Lasagne OR Veggie Cottage Pie with Sweet Potato Mash Salad & Peas Fresh fruit or Oaty Apple Crumble and Custard	Wednesday Beef and Vegetable Hot Pot OR Vegetable Hot Pot Runner Beans Fresh Fruit or Banana Cake and Custard
Thursday Spaghetti Bolognese with Garlic Bread OR Vegetable Risotto Salad Fresh Fruit or Fruit Topped Cheesecake	Thursday Chicken and Pasta Bake OR Vegetable Pizza Salad & Garlic Bread Fresh Fruit or Pear & Ginger Sponge
Friday Salmon Bites OR Veggie Sausages Skin on Chips, Peas and Sweetcorn Salad Fresh Fruit or Granola, Yoghurt & Berries Chocolate and Raspberry Brownies	Friday Battered Fish Portions OR Crispy Vegetable Fingers Skin on Chips, Peas and Beans, Salad Fresh Fruit or Granola, Yoghurt & Berries Oat and Raisin Cookies