

## D'Eyncourt Primary School Lunch Menu Autumn 2020

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Chicken Wrap	Baked Sausage	Pasta Bake with Garlic Bread (V)	Vegan Falafel Pattie (V)	Margherita Pizza (V)
<b>Second option</b>	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings
<b>Fish Option</b>	Salmon Fish Fingers	Cod Bites	BBQ Fish Goujons	Lemon Sole Fillet	Fish Cake
<b>Potato/Carb</b>	Savoury Rice	Mashed Potato	Baby Potatoes	Wedges	Chipped Potatoes
<b>Vegetable</b>	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
<b>Salad &amp; Bread</b>	Carrot/Cucumber/Pepper sticks	Carrot/Cucumber/Pepper sticks	Carrot/Cucumber/Pepper sticks	Carrot/Cucumber/Pepper sticks	Carrot/Cucumber/Pepper sticks
<b>Dessert</b>	Fruity FlapJack	Chocolate Brownie	Ice cream / Jelly	Lemon Drizzle Cake	Banana Muffin
<b>DAILY CHOICES</b>	Fresh Fruit, Yoghurt, Water	Fresh Fruit, Yoghurt, Water	Fresh Fruit, Yoghurt, Water	Fresh Fruit, Yoghurt, Water	Fresh Fruit, Yoghurt, Water

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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Picnic Lunch (Sandwiches) (V-option)	Chicken or Quorn (V) Wrap	Hot Pork Bap with Seasoning & Apple Sauce	Beef Grill or Vegetarian Sausage (V) with Salad	Margherita Pizza (V)
<b>Second option</b>	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings
<b>Fish Option</b>	Cod Fish Finger	Bubble Fish (Gluten Free)	Fish Cake	Salt & Vinegar Fish Goujons	Baked Fish
<b>Potato/Carb</b>	Pasta	Cous Cous	Boiled Potatoes	Potato Wedges	Chipped Potatoes
<b>Vegetables</b>	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
<b>Salad</b>	Carrot/Cucumber/Pepper sticks	Carrot/Cucumber/Pepper sticks	Carrot/Cucumber/Pepper sticks	Carrot/Cucumber/Pepper sticks	Carrot/Cucumber/Pepper sticks
<b>Dessert</b>	Iced Sponge Cake	Chocolate Crunch	Rainbow Jelly	Shortbread Biscuit	Strawberry Mousse
<b>Daily Choices</b>	Fresh Fruit, Yoghurt, Water	Fresh Fruit, Yoghurt, Water	Fresh Fruit, Yoghurt, Water	Fresh Fruit, Yoghurt, Water	Fresh Fruit, Yoghurt, Water

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Veggie Ball Sub Roll (V)	Picnic Lunch (Sandwiches) (V-option)	Chicken Wrap and Salad	Macaroni Cheese with Garlic Bread (V)	Margherita Pizza (V)
<b>Second option</b>	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings
<b>Fish Option</b>	Fish Goujons	Breaded White Fish	Salmon Nibbles	Fish Cake	Baked Fish
<b>Potato/Carb</b>	Pasta Salad	Sauté Potatoes	Cous Cous	Savoury Rice	Chipped Potatoes
<b>Vegetables</b>	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
<b>Salad &amp; Bread</b>	Carrot/Cucumber/Pepper sticks	Carrot/Cucumber/Pepper sticks	Carrot/Cucumber/Pepper sticks	Carrot/Cucumber/Pepper sticks	Carrot/Cucumber/Pepper sticks
<b>Dessert</b>	Carrot Cake	Chocolate Surprise (with Beetroot)	Melting Moment	Butterscotch and Ginger Cake	Oaty Cookie
<b>Daily Choices</b>	Fresh Fruit, Yoghurt, Water	Fresh Fruit, Yoghurt, Water	Fresh Fruit, Yoghurt, Water	Fresh Fruit, Yoghurt, Water	Fresh Fruit, Yoghurt, Water