

## 2 Weekly Dinner Menu –Autumn Term 2022

Week1	Option 1	Option 2	Choice of salad available each day	Pudding	
<b>Monday</b>	Chicken or chickpea tikka masala with white rice	Cheese or tuna sandwich	Tomatoes, cucumber, radish, sugar snap peas, spinach, baby corn, peppers	Flapjack	Choice of fresh fruit available each day
<b>Tuesday</b>	Tomato & Tuna Pasta Bake	Jacket Potatoes with baked beans		Fruit Yoghurt	
<b>Wednesday</b>	Jacket potato cheese	Humus Wrap		Pineapple	
<b>Thursday</b>	Feta and olive frittata	Ham/cheese sandwich		Raisins Yoghurt	
<b>Friday</b>	Fish cake, mixed vegetable and chips.	Baked beans on toast		Chocolate crispy cake	
Week 2	Option 1	Option 2		Pudding	
<b>Monday</b>	Chicken or Quorn goujons, sweetcorn and potato wedges	Jacket potato with tuna	Tomatoes, cucumber, radish, sugar snap peas, spinach, baby corn, peppers	Oatie biscuit	Choice of fresh fruit available each day
<b>Tuesday</b>	Beef or Quorn bolognese on penne paste	Cheese sandwich		Yoghurt or fruit	
<b>Wednesday</b>	Jacket potato with beans	Tuna & Mayo sandwich		Rice pudding	
<b>Thursday</b>	Green pesto pasta with sweetcorn	Cheese or ham wrap		Peaches	
<b>Friday</b>	Fish fingers, vegetables and chips.	Baked beans on toast		Chocolate crispy cake	