

# Poulton Lancelyn

## Autumn 1<sup>st</sup> Half Term Menu



## Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Beef & Tomato Meatballs with Pasta & Arrabiata Sauce	Cheesy Topped Chicken Fillet & Baked New Potatoes	Roast of the Day with Yorkshire Pudding, Roast Potatoes	Wholemeal Cheese & Tomato Pizza With ½ Jacket Potatoes	Fish & Chips with Tomato Sauce
Vegetarian Main Meal Option	Vegetable Meatballs with Arrabiata sauce & Pasta	Cheesy Topped Baked Quorn	Quorn Roast with Yorkshire Pudding, Roast Potatoes	Hunters Vegetable Flatbread	Veggie Nuggets & Chips with tomato sauce
Jacket/Handheld Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans	Sandwich Selection, choose from Ham, Cheese or Tuna	Hot Roast Baguette	Hunters Chicken Flatbread	Cheddar Wheel
Vegetable Selection	Garden Peas Carrots	Sweetcorn Broccoli	Cauliflower Savoy Cabbage	Carrots Roasted Vegetables	Baked Beans Garden Peas
Dessert	Lemon Drizzle Cake	Chocolate Crispy Cake	Fruit Salad / Toffee Ice & Banana Slices	Fruit Sponge	Sultana & Cherry Flapjack with Apple Wedges



**Salad Selection, Fresh Bread, Fresh Fruit & Yoghurts**

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## Autumn 1<sup>st</sup> Half Term Menu

## Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Toad in the Hole with Mash	Beef Burrito & Jacket Wedges	Roast Of The Day With Stuffing, Roast Potatoes	American Style Baked Chicken & Crispy Diced Potatoes	Crispy Battered Fish & Chips with Tomato Sauce
Vegetarian Main Meal Option	Vegetarian Toad in the Hole with Mash	Wholemeal Cheese & Tomato Pizza with ½ Jacket Potato	Quorn Roast with Stuffing, Roast Potatoes	Tomato & Basil Pasta with Garlic Bread	Vegetable & Bean Grill
Jacket/Handheld Option	Sandwich Selection, choose from Ham, Cheese or Tuna	Ploughman's Lunch	Hot Roast Bap	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans	Pepperoni Pizza & Chips
Vegetable Selection	Green Beans Carrots	Sweetcorn Roasted Summer Vegetables	Peas Carrots	Spring Cabbage Cauliflower	Mushy Peas Baked Beans
Dessert	Frozen Strawberry Ice & Apple Slices	Banana Traybake	Fruit & Jelly	Ginger Biscuit & Orange Wedges	Chocolate Cookie



**Salad Selection, Fresh Bread, Fresh Fruit & Yoghurts**

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Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Beef Burger in a Bun & Baked New Potatoes	Classic Chicken Curry & Wholegrain Rice	Roast of the Day with Yorkshire Pudding, Roast Potatoes	Great British Breakfast - Bacon, Scrambled Eggs, Beans & Mushrooms	Fish Fingers & Chips with Tomato Sauce
Vegetarian Main Meal Option 1	Veggie Burger & Baked New Potatoes	Veggie Chickpea & Bean Curry & Wholegrain Rice	Quorn Roast with Yorkshire Pudding, Roast Potatoes	Meat Free All Day Breakfast – Veggie Sausage, Scrambled Eggs, Beans & Mushrooms	Veggie Nuggets & Chips with Tomato Sauce
Jacket/Handheld Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans	Wholemeal Cheese & Tomato Pizza	Hot Roast Wrap	Sandwich Selection, choose from Ham, Cheese or Tuna	Cornish Pasty
Vegetable Selection	Sweetcorn Steamed Carrots	Green Beans Broccoli	Savoy Cabbage Cauliflower	Roasted Carrots Roast Peppers & Sweetcorn	Baked Beans Garden Peas
Dessert	Shortbread Biscuit	Chocolate Brownie	Jelly	Iced Carrot Cake & Orange Wedges	Apple Sponge



Salad Selection, Fresh Bread, Fresh Fruit & Yoghurts