







Name:.....







North Somercotes CE Primary School Menu – September 2019

Week 1 4/09/19)	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Training Day	Training Day	Roast Turkey	Chicken Curry	Breaded Fish
or					
Main 2			Quorn in Gravy	Cheesy Pin Wheel	Vegetarian Chilli
<i>Accompaniments of the day</i>			<i>Roast Potatoes, Seasonal Vegetables and Gravy</i>	<i>Vegetables and Rice</i>	<i>New Potatoes and Vegetables</i>
 <i>Salad Bar available daily with a selection of homemade breads</i> 					
"Grab and Go"			Jacket Potato	Cold Buffet Soup	Jacket Potato
					
<i>with</i>			Various Fillings and Salad	Various Breads, Salads, Meat, Fish and Cheese	Various Fillings and Salad
Dessert			Cheese and Biscuits, Melon and Grapes	Raspberry Cake and Custard	Fruit and Yoghurt Build a Pot
					
 <i>Selection of Fresh Fruit available daily</i> 					

Please return menu by: 17/07/2019

Name:.....







North Somercotes CE Primary School Menu – September 2019

Week 2 (9/09/19)	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Holmes Farm Sausage	Spanish Meatballs in Tomato Sauce	Roast Chicken	Pizza Margherita	Breaded Fish
or					
Main 2	Vegetarian Mince	Quorn Balls in Tomato Sauce	Quorn in Gravy	Vegetarian Burger	Vegetarian Sausage
<i>Accompaniments of the day</i>	<i>Mashed Potatoes, Seasonal Vegetables and Gravy</i>	<i>Pasta and Vegetables</i>	<i>Roast Potatoes, Vegetables, Stuffing and Gravy</i>	<i>Sweetcorn and Carrot Couscous</i>	<i>Potato Cubes and Baked Beans</i>
 <i>Salad Bar available daily with a selection of homemade breads</i> 					
Grab and Go	Jacket Potato	Cold Buffet Soup	Jacket Potato	Cold Buffet Soup	Jacket Potato
					
<i>with</i>	Various Fillings and Salad	Various Breads, Salads, Meat, Fish and Cheese	Various Fillings and Salad	Various Breads, Salads, Meat, Fish and Cheese	Various Fillings and Salad
Dessert	Peaches and Ice Cream	Blueberry Muffin and Yoghurt	Cheese and Biscuits, Melon and Grapes	Chocolate Cake and Chocolate Custard	Fruit and Yoghurt Build a Pot
					
 <i>Selection of Fresh Fruit available daily</i> 					

Please return menu by: 4/09/19

Name:.....

North Somercotes CE Primary School Menu – September 2019

Week 3 16/09/19)	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1 or	Pork Burger	Tuna Pasta Bake	Roast Beef and Yorkshire Pudding	Turkey Bolognese	Breaded Fish
Main 2	Fish Cake	Vegetarian Bolognese	Cheese and Onion Flan	Sweet Potato and Coconut Curry	Mixed Bean Burger
<i>Accompaniments of the day</i>	<i>Potato Cubes and Baked Beans</i>	<i>Couscous and Seasonal Vegetables</i>	<i>Roast Potatoes, Seasonal Vegetables and Gravy</i>	<i>Rice and Vegetables</i>	<i>New Potatoes, Corn on the Cob and Salad</i>
 <i>Salad Bar available daily with a selection of homemade breads</i> 					
Grab and Go 	Jacket Potato	Cold Buffet Soup	Jacket Potato	Cold Buffet Soup	Jacket Potato
<i>with</i>	Various Fillings and Salad	Various Breads, Salads, Meat, Fish and Cheese	Various Fillings and Salad	Various Breads, Salads, Meat, Fish and Cheese	Various Fillings and Salad
Dessert 	Fruit Salad and Natural Yoghurt	Lemon Cake and Custard	Cheese and Biscuits, Melon and Grapes	Apple Crumble Cake and Ice Cream	Fruit and Yoghurt Build a Pot
 <i>Selection of Fresh Fruit available daily</i> 					

Please return menu by: 11/09/19