

## St. Andrew's Primary School - Autumn 1 2017-18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PROTEIN</b>	Various fillings	Chicken or vegetable risotto	Pasta bolognese	Roast Chicken	Fish fingers
<b>CARBOHYDRATE</b>	Jacket potatoes	Rice	-Pasta	Roast Potatoes and Yorkshire Pudding	Chips
<b>VEGETABLES</b>	Salad bar	Salad bar	Salad Bar	Carrots & Broccoli	Peas, sweetcorn or baked beans
<b>DESSERT</b>	Apple and pear crumble with ice cream	Summer pudding with cream	Fruit trifle	Ice cream with fruit platter	Carrot cake with custard

**WEEK 1**  
4/9/17  
25/9/17  
16/10/17

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PROTEIN</b>	Chicken or vegetable korma	Homemade meatballs	Herby chicken	Roast pork	Salmon fish cakes
<b>CARBOHYDRATE</b>	Rice	Pasta	New potatoes	Roast potatoes	Chips
<b>VEGETABLES</b>	Salad bar	Salad bar	Salad bar and green beans	Carrots and Cauliflower	Sweetcorn Or baked beans
<b>DESSERT</b>	Chocolate crunch with pink custard	Shortbread finger with yoghurt	Rhubarb crumble and ice cream	Fruit jelly and cream	Scones with strawberries and cream

**WEEK 2**  
11/9/17  
2/10/17

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PROTEIN</b>	Chicken and ham carbonara	Sausages	Lamb lasagne	Roast gammon	Battered fish
<b>CARBOHYDRATE</b>	Pasta	Potato wedges	Garlic bread	Roast Potatoes Yorkshire Pudding	Chips
<b>VEGETABLES</b>	Salad bar	Salad bar and peas	Salad bar	Cabbage and Carrots	Sweetcorn Or baked beans
<b>DESSERT</b>	Blueberry and apple crumble with ice cream	Stewed plums and custard	Zucchini cake and custard	Cheese and biscuits or yoghurt with fruit platter	Scones with strawberries and cream

**WEEK 3**  
18/9/17  
9/10/17

**Bread, fresh fruit and yoghurt will be available every day \*Jacket Potatoes are available every day as an alternative lunch – please ask the kitchen in advance. Ham or Cheese Salad available on Mon – Weds if ordered in advance. For allergy information please see the ordering form or contact the School Kitchen.**

