| chen | <u>Lunch Menu - Sonning</u> | g Common Primary School - , | Autumn Term – 2024 | kitchen |
|--|--|--|--|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| | Week st | arting 2 Sep/23 Sep/14 Oct/11 No | ov/2 Dec | |
| Pasta with Bolognese/Ham/Cheese/Quorn and Rustic Tomato Sauce with Garlic Bread | Chicken Pie with Swirlie Potatoes | Toad in the Hole with Roast Potatoes or Couscous | Selection of Pizza - Margherita/Pepperoni/Ham & Pineapple with Rosti Potatoes or Couscous | Breaded Fillet of Fish or Ham & Egg with Pasta or Chunky Chips |
| | Vegan Roll with Swirlie Potatoes | Veggie Toad in the Hole with Roast Potatoes or Couscous | | Egg or Vegetable Nuggets with pasta or Chunky Chips |
| Peas & Carrots | Broccoli & Sweetcorn | Carrots & Green Beans | Cucumber Sticks and Mixed Veg | Baked Beans & Peas |
| Biscuit & Selection of Fruit | Strawberry Jelly & Yoghurt | Steamed Chocolate Pudding with Chocolate Sauce | Peach Melba Crumble with Cream | Ice Cream Roll |
| | Week sto | arting 9 Sep/30 Sep/21 Oct/18 No | ov/9 Dec | |
| Meatballs in Tomato Sauce with Pasta & Garlic Bread | Chilli con Carne with Rice, Nachos & Sour Cream | Roast Ham with Roast Potatoes or Couscous & Yorkshire Pudding | Selection of Pizza – Margherita/Pepperoni/Ham & Pineapple with Diced Potatoes or Orzo Salad | Battered Fillet of Fish or Chicken Goujons with Pasta or Chunky Chips |
| Veggie Balls in Tomato Sauce with Pasta & Garlic Bread | Veggie Chilli with Rice, Nachos & Sour Cream | Vegetable Bake with Roast Potatoes or Couscous & Yorkshire Pudding | | Quorn Dippers with Pasta or Chunky Chips |
| Sweetcorn & Peas | Broccoli & Mixed Veg | Green Beans & Carrots | Cucumber Sticks & Corn on the Cob | Baked Beans & Peas |
| Biscuit & Selection of Fruit | Chocolate Brownie | Jam Sponge with Custard | Apple Crunch with Custard | Strawberry & Vanilla Mousse |
| | Week sto | arting 16 Sep/7 Oct/4 Nov/25 Nov | v/16 Dec | |
| Ham & Tomato Pasta with Garlic Bread | Korma Chicken Curry with Rice & Naan Bread | Roast Chicken with Roast Potatoes or Couscous & Yorkshire Pudding | | Breaded Fillet of Fish or Burger with Pasta or Chunky Chips |
| Macaroni Cheese with Garlic Bread | Mild Chickpea Curry with Rice & Naan Bread | Cauliflower Cheese with Roast Potatoes or Coucous & Yorkshire Pudding | SPECIAL | Veggie Burger with Pasta or Chunky Chips |
| Peas & Sweetcorn | Broccoli & Mixed veg | Carrots & Peas | J | Baked Beans & Sweetcorn |
| Flapjack | Iced Sponge | Apple Crumble with Custard | | Pancakes with Fruity Syrup & Cream |
| | Pasta with Bolognese/Ham/Cheese/Quorn and Rustic Tomato Sauce with Garlic Bread Peas & Carrots Biscuit & Selection of Fruit Meatballs in Tomato Sauce with Pasta & Garlic Bread Veggie Balls in Tomato Sauce with Pasta & Garlic Bread Sweetcorn & Peas Biscuit & Selection of Fruit Ham & Tomato Pasta with Garlic Bread Macaroni Cheese with Garlic Bread Peas & Sweetcorn | MONDAYTUESDAYPasta with Bolognese/Ham/Cheese/Quorn and Rustic Tomato Sauce with Garlic BreadChicken Pie with Swirlie PotatoesPeas & CarrotsBroccoli & SweetcornBiscuit & Selection of FruitStrawberry Jelly & YoghurtWeek strWeek strMeatballs in Tomato Sauce with Pasta & Garlic BreadChilli con Carne with Rice, Nachos & Sour CreamVeggie Balls in Tomato Sauce with Pasta & Garlic BreadVeggie Chilli with Rice, Nachos & Sour CreamSweetcorn & PeasBroccoli & Mixed VegBiscuit & Selection of FruitChocolate BrownieVeggie Chilli with Rice, Nachos & Sour CreamWeek strMacaroni Cheese with Garlic BreadMacaroni Cheese with Garlic BreadMild Chickpea Curry with Rice & Naan BreadPeas & SweetcornBroccoli & Mixed vegPeas & SweetcornBroccoli & Mixed veg | MONDAYTUESDAYWEDNESDAYPasta with Bolognese/Ham/Cheese/Quorn and Rustic Tomato Sauce with Garlic BreadChicken Pie with Swinlie PotatoesToad in the Hole with Roast Potatoes or CouscousPeas & CarrotsBroccoli & SweetcornCarrots & Green BeansBiscuit & Selection of FruitStrawberry Jelly & YoghurtSteamed Chocolate Pudding with Chocolate SauceMeatballs in Tomato Sauce with Pasta & Garlic BreadChilli con Carne with Rice, Nachos & Sour CreamRoast Ham with Roast Potatoes or Couscous & Yorkshire PuddingVeggie Balls in Tomato SauceVeggie Chilli with Rice, Nachos & Sour CreamRoast Ham with Roast Potatoes or Vegetable Bake with Roast Potatoes or Couscous & Yorkshire PuddingSweetcorn & PeasBroccoli & Mixed VegGreen Beans Strawberry Jelly & YoghurtMeatballs in Tomato Sauce with Pasta & Garlic BreadVeggie Chilli with Rice, Nachos & Sour CreamRoast Ham with Roast Potatoes or Couscous & Yorkshire PuddingVeggie Balls in Tomato Sauce with Pasta & Garlic BreadRoccoli & Mixed VegGreen Beans & CarrotsBiscuit & Selection of FruitChocolate BrownieJam Sponge with CustardMeak storring 16 Sep/7 Oct/4 Now/25 Nov Vorkshire PuddingMeak storring 16 Sep/7 Oct/4 Now/25 Nov Yorkshire PuddingMacaroni Cheese with Garlic BreadMild Chickpea Curry with Rice & Naan BreadRoast Chicken with Roast Potatoes or Couscous & Yorkshire PuddingMacaroni Cheese with Garlic BreadMild Chickpea Curry with Rice & Naan BreadRoast Chicken with Roast Potatoes or Couscous & Yorkshire Pudding <t< td=""><td>Week starting 2 Sep/23 Sep/14 Oct/11 Now/2 Dec Pasta with Bolgnese/Ham/Cheese/Quorn and Rustic Tomato Sauce with Garlic Bread Chicken Pie with Swirlie Potatoes Toad in the Hole with Roast Potatoes or Couscous Selection of Pizza - 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All meals are home made and we use local suppliers for our meat and eggs

We use whole fillet of fish and all our meat products come in fresh (using whole muscle)

At least 2 puddings each week include 50% fruit - and yoghurt is available every day along with salad selection

Additional vegetables are included in all home made sauces used for pasta and pies

