

Primary Menu - Autumn Term 2007



WEEK ONE

Weeks commencing; 03/09/07, 24/09/07,
15/10/07, 12/11/07, 03/12/07

Monday

Traditional Cottage Pie & Gravy
or
Cheesy Potato & Courgette Bake (v)
Both served with Swede & Green Beans
or
Salmon Salad

Cheery Cherry Shortbread & Cold Fresh
Milk

Tuesday

Jumbo Cod Fish Finger & Chips or Crusty
Bread
or
Chickpea Casserole & Crusty Bread (v)
Both served with Peas & Baked Tomato
or
Sliced Egg Salad

Luscious Lemon Sponge & Vanilla Sauce

Wednesday

Somerset Roast Turkey Breast, Creamed
Potatoes, Cabbage, Mixed Vegetables
& Gravy
or
Mild Vegi Chilli & ½ Jacket Potato with a
Green Salad (v)
or
Grated Cheese Salad

Pear & Chocolate Dream Tart

Thursday

Mighty Meaty Pasta Bolognese
or
Kitchen Garden Hot Pot (v)
Both served with Carrots & Sweetcorn
or
Ham Ploughman's

Deeply Dishy Apple Pie & Custard

Friday

West Country Roast Pork
or
Vegi Sausages
Both served with Roast or Boiled Potatoes,
Broccoli, Diced Carrots & Gravy
or
Chicken Pasta Salad

Double Dribble Iced Sponge & Milk

WEEK TWO

Weeks commencing; 10/09/07, 01/10/07,
29/10/07, 19/11/07, 10/12/07

Monday

Salmon Fish Cake
or
Mixed Bean Casserole (v)
Both served with Mashed Potatoes, Peas
& Carrots
or
Corned Beef Salad

Yummy Tummy Bananas & Custard

Tuesday

Chicken Licken Pie with Boiled Potatoes,
Cabbage, Sweetcorn & Gravy
or
Chilli Bean filled Jacket Potato with
Green Salad (v)
or
Tuna & Sweetcorn Salad

Scrumptious Orange Cookie & Cold Fresh
Milk

Wednesday

Somerset Roast Beef with Yorkshire
Pudding & Gravy
or
Mediterranean Tart (v)
Both served with Roast or Boiled Potatoes,
Brussels Sprouts & Swede
or
Cheese & Tomato Quiche Salad

Fabulously Fruity Flapjack

Thursday

Locally Produced Pork Sausages
or
Chunky Quorn Bites (v)
Both served with Sweet Tomato Sauce,
Pasta, Broccoli & Sweetcorn
or
Egg Mayo Salad

Pineapple Crumble & Custard

Friday

Somerset Roast Turkey & Gravy
or
Margherita Pizza (v)
Both served with Roast or Boiled Potatoes,
Broad Beans & Carrots
or
Ham Salad

Little Orange Cheesecake

WEEK THREE

Weeks commencing; 17/09/07, 08/10/07,
05/11/07, 26/11/07, 17/12/07

Monday

Creamy Tuna Pasta Bake & Crusty French
Bread
or
Sweet & Sour Vegi Jackets (v)
Both served with Sweetcorn & Green Beans
or
Sliced Egg Salad

Oaty Fruit Crumble & Custard

Tuesday

Bacon & Cheese Pizza
or
Vegetarian Pie (v)
Both served with Croquette Potatoes or ½
Jacket Potato, Mixed Salad & Baked Beans
or
Pilchard Salad

Chocolate Surprise Pudding & Chocolate
Sauce

Wednesday

West Country Roast Pork & Gravy
or
Stuffed Red Peppers (v)
Both served with Roast or Boiled Potatoes,
Carrots & Peas
or
Ham Salad

Fruit Muffin & Cold Fresh Milk

Thursday

Mild Chicken Curry
or
Lentil Loaf & Vegetarian Gravy (v)
Both served with Rice, Broccoli & Mixed
Vegetables
or
Cheese Ploughman's

Wibbly Wobbly Jelly & Fruit Cocktail

Friday

Somerset Roast Beef & Yorkshire Pudding
or
Country Vegetable Crumble (v)
Both served with Boiled Potatoes,
Cabbage, Cauliflower & Gravy
or
Tuna Bean Salad

Jammy Doughnut & Cold Fresh Milk



- ✓ Bread is served as an extra item in addition to the carbohydrate part of the meal
- ✓ A vegetarian (v) option is available every day
- ✓ Fresh Fruit and low fat yoghurts available daily
- ✓ Fresh Drinking Water served daily

Fresh local vegetables will be served when available – the choice may change according to availability
SCS reserve the right to alter the menu without prior notice
One Theme Day will be arranged each term - date to be announced

Visit our website for more information – www.myschoollunch.co.uk/somerset

