

# CALCOT SCHOOLS – AUTUMN TERM MENU 2019

	PASTA MONDAY	FAVORITES TUESDAY	ROAST WEDNESDAY	INTERNATIONAL THURSDAY	FUN FRIDAY
<b>Week 1</b> <b>Commencing</b>  02/09 23/09 14/10 11/11 02/12	Beef Bolognese & Pasta Swede & Garden Peas Garlic Bread  Quorn Bolognese (V)  Jacket Potato (V) (GF) (Choice of Fillings)  Peach Crumble & Custard Fresh Fruit (GF) Yogurt (GF)	Toad in the Hole & Mashed Potatoes Mixed Vegetables & Cauliflower  Quorn Toad in the Hole (V)  Ham & Cream Cheese Bagel  Mango Sorbet (GF) Fruit Salad (GF) Yogurt (GF)	Roast Turkey, Roast Potatoes & Yorkshire Pudding Carrots & Cabbage  Meat Free Schnitzel (V)  Three Cheese Wrap (V)  Fruit Jelly (GF) Fresh Fruit (GF) Yogurt (GF)	Chicken Curry & Basmati Rice Green Beans & Sweetcorn Naan Bread  Lentil & Vegetable Curry (V)  Jacket Potato (V) (GF) (Choice of Fillings)  Apple Sponge & Cream Fruit Salad (GF) Yogurt (GF)	Cheese & Ham Pizza & Jacket Wedges Broccoli & Peas  Vegetable Pizza (V)  Ham Baguette  Chocolate Brownie Fresh Fruit (GF) Yogurt (GF)
<b>Week 2</b> <b>Commencing</b>  09/09 30/09 21/10 18/11 09/12	Beef Lasagne Carrots & Garden Peas Garlic Bread  Vegetable Lasagne (V)  Jacket Potato (V) (GF) (Choice of Fillings)  Pineapple Upside Down Cake & Custard Fresh Fruit (GF) Yogurt (GF)	Chicken & Sweetcorn Pie & Mashed Potato Swede & Cauliflower  Quorn Cottage Pie (V)  Wholemeal Bread Sandwich with Egg Mayonnaise (V)  Vanilla Ice Cream (GF) Fruit Salad (GF) Yogurt (GF)	Roast Gammon, Roast Potatoes & Yorkshire Pudding Carrots & Cabbage  Glamorgan Sausage (V)  Chicken & Sweetcorn Wrap  Apricot Flap Jack Fresh Fruit (GF) Yogurt (GF)	Beef Chilli & Rice Green Beans & Sweetcorn Garlic Bread  Quorn Chilli (V)  Jacket Potato (V) (GF) (Choice of Fillings)  Chocolate Sponge & Custard Fruit Salad (GF) Yogurt (GF)	Chicken Goujons & Chips Mixed Vegetables & Cauliflower  Vegetable Spring Roll (V)  Tuna Mayonnaise Baguette  Shortbread Fresh Fruit (GF) Yogurt (GF)
<b>Week 3</b> <b>Commencing</b>  16/09 07/10 04/11 25/11 16/12	Turkey Meatballs & Spaghetti Garden Peas & Broccoli Garlic Bread  Quorn Meatballs (V)  Jacket Potato (V) (GF) (Choice of Fillings)  Apple Crumble & Custard Fresh Fruit (GF) Yogurt (GF)	Chicken & Bacon Pie & Potato Wedges Green Beans & Cauliflower  Cheese & Potato Pie (V)  Wholemeal Roll with Tuna Mayonnaise  Strawberry Mousse (GF) Fruit Salad (GF) Yogurt (GF)	Roast Beef, Roast Potatoes & Yorkshire Pudding Carrots & Cabbage  Vegetable Swirl (V)  Salmon Mayonnaise & Cucumber Wrap  Iced Lemon Sponge Fresh Fruit (GF) Yogurt (GF)	Chicken Stir Fry & Egg Fried Rice Peas & Sweetcorn Prawn Crackers  Quorn Stir Fry (V)  Jacket Potato (V) (GF) (Choice of Fillings)  Fruit Sponge & Cream Fruit Salad (GF) Yogurt (GF)	Fish Goujons & Chips Carrots & Broccoli  Vegetable Fingers (V)  Grated Cheese & Cucumber Baguette (V)  Cookie Fresh Fruit (GF) Yogurt (GF)

**SET MEAL PRICE £2.40 including choice of main meal, salad bar, home-made bread & dessert**  
**Jacket Potato - Choice of fillings Tuna Mayonnaise, Cheese, Beans**

(V) – Vegetarian (GF) - Gluten Free  
 Also available daily: Chilled Bottled Water (50p) Juice (50p)