



Beaufront First School Lunch Menu

Autumn 2 2018

The lunch time menu rotates on a three-week cycle.

Each lunchtime children are encouraged to help themselves to a range of salads from a bowl on their table.

A range of fruit is always available for children if they prefer this to the dessert on offer.

Children with food intolerances and/or allergies may be offered slightly different options than shown on the main menu.

Menus are subject to change due to availability.

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Vegetarian chilli served with rice and tortilla chips	Mince and dumplings (contains peas & carrots) served with broccoli	Sausage ragu served with cheesy polenta and green beans	Roast dinner – roast meat, Yorkshire pud, vegetables and gravy	Fish fingers served with potato wedges and peas
Vegetarian option (if applicable)		Vegetarian mince and dumplings	Vegetarian sausage ragu	Quorn roast	Fishless fingers
DAILY SALAD BOWL					
Dessert	Apple cornflake crunch	Ginger parkin served with custard	Flapjack	Artic roll	Fruit cobbler served with custard
DAILY FRUIT					

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Jacket potato with a choice of fillings – tuna mayonnaise, cheese and beans	Toad-in-the-hole served with carrots and gravy	Fish pie topped with mashed potato served with sweetcorn	Veggie risotto served with a garlic slice	Soup and a sandwich with a choice of fillings – ham, cheese, tuna mayonnaise
Vegetarian option (if applicable)		Vegetarian sausages in a hole!	Veggie pie		
DAILY SALAD BOWL					
Dessert	Pineapple upside down cake served with custard	Fruit jelly	Oaty, fruity yoghurt sundae	Caramel apple streusel cake	Cheese, biscuits and grapes
DAILY FRUIT					

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Veggie curry served with rice	'Build a Burger' served with baked beans. Stack your burger with cheese, ketchup, tomato, cucumber and lettuce	Mac 'n' cheese with a crunchy breadcrumb topping, served with broccoli	Fishcakes served with green beans and sweetcorn	Chicken fajita wrap
Vegetarian option (if applicable)		Veggie burger		Veggie cakes	Quorn 'chicken' wrap
DAILY SALAD BOWL					
Dessert	Chocolate and coconut crunch	Strawberry yoghurt mousse	Sticky toffee pudding served with custard	Iced shortbread biscuit	Strawberry surprise cupcake
DAILY FRUIT					