



## Beaufront First School Lunch Menu

### Spring Term 2019

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	Vegetable hoisin stir fry with noodles	Meatballs in a herby tomato sauce with pasta	Chicken Hotpot with green beans	Cottage pie with broccoli	Fish fingers, potato wedges and peas
Vegetarian/Pescatarian option (if applicable)		Vegetarian mince and dumplings	Quorn Hotpot	Vegetarian mince cottage pie	Fishless fingers
<b>DAILY SALAD BOWL</b>					
Dessert	Chocolate crispy cake	Oaty apple square	Grasmere ginger crisp biscuit	Chocolate mousse	Treacle tart and custard
<b>DAILY FRUIT</b>					

**Week 2**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Jacket potato with a choice of fillings – tuna mayonnaise, cheese and beans	Roast dinner with roast potatoes, Yorkshire puddings, vegetables and gravy	Sausage with gnocchi in tomato sauce or pesto with peas	Golden chicken with potato gratin and braised greens	Fish, chips and beans
Vegetarian/Pescatarian option (if applicable)		Quorn roast	Vegetarian sausage	Golden Quorn pieces	Fishless fingers
<b>DAILY SALAD BOWL</b>					
Dessert	Carrot cake with cream cheese frosting	Toffee frozen yoghurt	Sticky toffee pudding with custard	Cheese, biscuits and grapes	Chocolate and date brownie
<b>DAILY FRUIT</b>					

**Week 3**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Tuna and sweetcorn pasta with garlic slice	Sizzling chicken with rice, beans, flour tortilla, feta and natural yoghurt	Veggie Lasagne with broccoli	Soup and a choice of sandwich	Beef taco with iceberg lettuce, tomato salsa and cheese
Vegetarian/Pescatarian option (if applicable)	Pasta with pesto and peas	Sizzling Quorn pieces			Veggie mince taco
<b>DAILY SALAD BOWL</b>					
Dessert	Jam tart	Apple crumble and custard	Rice pudding with jam	Raspberry jelly	Iced chocolate sponge
<b>DAILY FRUIT</b>					