



Lower School Autumn/Winter Term Menu

Week 1

Menus may be subject to change at short notice due to unforeseen circumstances

Monday	Tuesday	Wednesday	Thursday	Friday
Pork sausage with creamed potato and gravy	Chicken roast roast potatoes Yorkshire pudding	Salmon fish cake new potatoes	Beef bolognaise whole wheat pasta	Fish of the day and chips
Quorn sausage with creamed potato and gravy	Lentil roast roast potatoes	Margarita Pizza savory cous cous	Roasted vegetable pasta bake	Sweet potato and chickpea curry and rice
Seasonal vegetables freshly baked bread	Seasonal vegetables freshly baked bread	Sweetcorn green beans freshly baked bread	Seasonal vegetables freshly baked bread	Garden peas baked beans freshly baked bread
Jacket potato of the day available				
Fruity flapjack	Bananas and custard	Freshly baked biscuit	Apple and cinnamon muffin	New Forest ice cream

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Week 2

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Monday	Tuesday	Wednesday	Thursday	Friday
Boston meatballs and whole wheat pasta	Roast gammon roast potatoes Yorkshire pudding and gravy	Bubble salmon new potatoes tartar sauce	Chicken tikka rice cucumber raita	Fish of the day and chips
Vegetarian Boston meatballs whole wheat pasta	Quorn roast roast potatoes Yorkshire pudding and gravy	Macaroni cheese slaw garlic bread	Cheese and tomato flatbread mixed salad potato wedges	Cheese and onion lattice
Seasonal vegetables and freshly baked bread	Seasonal vegetables and freshly baked bread	Sweetcorn green beans and freshly baked bread	Roasted vegetables freshly baked bread	Garden Peas baked Beans freshly baked bread
Jacket potato of the day available				
Freshly baked biscuit	Fruity iced bun	Chocolate beetroot muffin	Strawberry mousse	New Forest Ice Cream





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Week 3

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Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian lasagne slaw	Turkey roast stuffing roast potatoes Yorkshire Pudding gravy	Panko chicken duchess potatoes	Cornish roll new potatoes country vegetables gravy	Fish of the day chips
Margarita pizza slaw	Lentil roast roast potatoes Yorkshire pudding gravy	Vegetarian goujons duchess potatoes	Tomato and basil pasta bake	Sticky beef stir fry
Roasted vegetables mixed salad freshly baked bread	Seasonal vegetables freshly baked bread	Seasonal vegetables freshly baked Bread	Mixed salad freshly baked bread	Peas baked beans freshly baked bread
Jacket potato of the day				
Carrot and pineapple muffin	Freshly baked biscuit	Chocolate mousse	Oat and raisin cookie	New Forest Ice Cream

