

LAMERTON PRIMARY

## AUTUMN MENU WEEK ONE

WEEKS COMMENCING: 1/9, 22/9, 13/10, 10/11, 1/12

MONDAY TUESDAY WEDNESDAY THURSDAY Roast Devon Gammon Mild Chicken Curry Margherita Pizza **Devon Beef Cottage** and Gravy with with White and with New Potatoes, Pie with Cabbage Roast Potatoes. Wholegrain Rice, Fresh Salad and Naan Bread and and Peas **Baton Carrots and** Sweetcorn **Indian Salad Fine Green Beans** Lentil and Vegetable Mozzarella and Vegan Bolognese Vegetarian Yorkshire **Tomato Pinwheel** Curry with White with Penne Pasta **Pudding Cottage Pie** with Roast Potatoes. and Wholegrain Rice, Fresh Salad and with Cabbage Naan Bread and **Baton Carrots and** Sweetcorn and Peas **Fine Green Beans Indian Salad Jacket Potatoes** Jacket Potatoes **Jacket Potatoes Jacket Potatoes** JACKET served daily with a served daily with a served daily with a served daily with a selection of fillings selection of fillings selection of fillings selection of fillings Peach Crumble Raspberry Ripple **Iced Bun** Fresh Fruit Platter Shortbread with Custard

Chicken Bites or Salmon Fingers with Chips, Baked Beans and Peas

Vegetable and Mixed Bean Lasagne with Chips, Baked **Beans and Peas** 

**Jacket Potatoes** served daily with a selection of fillings

**Banana Mousse** 







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## AUTUMN MENU WEEK TWO

WEEKS COMMENCING: 8/9, 29/9, 20/10, 17/11, 8/12

MONDAY TUESDAY WEDNESDAY THURSDAY Roast Chicken Macaroni Cheese **Devon Beef Chilli** and Gravy with with Wholegrain or with Homemade Tomato Roast Potatoes. and Herb Bread. White Rice, Tortilla **Sliced Carrots** Salad Sticks and Peas Chips and Sweetcorn and Cabbage **Broccoli** and Chinese Style **Red Pepper Frittata** Cauliflower Cheese Vegetable and Bean with Fresh Salad. **Bake with Roast** Noodles with Salad Coleslaw and Potatoes, Sliced Carrots Sticks and Peas Sweetcorn and Cabbage **Jacket Potatoes** Jacket Potatoes **Jacket Potatoes** JACKET served daily with a served daily with a served daily with a selection of fillings selection of fillings selection of fillings Lemon Drizzle Cake Fresh Fruit Salad Chocolate Brownie

Brunch: Devon Sausage and **Bacon with Hash** 

**Brown Bites and** 

**Baked Beans** 

**Vegetarian Brunch:** Quorn Sausage with Hash Brown Bites. **Baked Beans and** Fresh Tomato

**Jacket Potatoes** served daily with a selection of fillings

Apple Cake

Fish Fingers with Chips and Peas

**Cheese and Bean Pasty with Chips** and Peas

**Jacket Potatoes** served daily with a selection of fillings

Fruit Jelly Trifle







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## AUTIIMN MFNU WEEK THREE

WEEKS COMMENCING: 15/9, 6/10, 3/11, 24/11, 15/12

MONDAY TUESDAY WEDNESDAY THURSDAY Devon Roast Pork Roasted Vegetable Devon Beef Bolognese Chicken and and Tomato Pasta and Gravy with with White or Vegetable Casserole **Bake with Homemade** Roast Potatoes. Wholegrain Pasta with Mash Potato. Focaccia. Sweetcorn **Carrots and Fine Broccoli** and Cabbage and Peas and Fresh Salad **Green Beans** Sweetcorn Roasted Vegetable Roasted Vegetable Vegetarian Sausage and Mozzarella Five Bean Chilli Rice with Roast Potatoes Quiche with Fresh Tartlet. New Potatoes. with Salad Sticks **Carrots and Fine** Salad, Sweetcorn and Peas Sweetcorn and and Slaw **Green Beans** Side Salad **Jacket Potatoes** Jacket Potatoes **Jacket Potatoes Jacket Potatoes** JACKET served daily with a served daily with a served daily with a served daily with a selection of fillings selection of fillings selection of fillings selection of fillings **Peach and Apple** Fresh Fruit Meringue topped Crumble with Fruit Jelly and Ice Cream Strawberry Mousse Custard

**Breaded Fish** with Chips, Peas and Beans

Cajun Butternut Bean Burger with Chips, Peas and Beans

Oaty Cookie

**Jacket Potatoes** 

selection of fillings



