

Fox Primary School – Lunch Menu – Autumn/Winter 2015/16

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Fish main course	Lasagne	Spaghetti with Mascarpone Sauce	A feast of South Indian Kormas Chicken	Mexican Potato Hash with Pork Sausages	Fish Pie
Vegetarian main course	Quorn and Vegetable Stew	Cauliflower Cheese	Bean, Oka & Pumpkin	Seasonal Tart	Mushroom Risotto
Carbohydrates		Bread & Butter	Rice Naan Bread	Potatoes	Mash
Vegetables/ Salads	Broccoli Caesar Salad Salads with dressing	Steamed peas Salads with dressing	Cauliflower Bhajis Raita Salads with dressing	Sweetcorn Salads with dressing	Creamed Spinach Salads with dressing
Dessert	Sugar free	Banoffee Pie	Rhubarb	Apple	Cheese &

We always use free range turkey, lamb and beef, corn fed chicken and best quality fresh fruit and vegetables (sourced locally). All Halal children are fully catered for.

We serve two sugar free desserts.

Menus choices have been discussed with The School Council.

Seconds are available and are catered for.

	Yoghurt with Honey and Mango sauce	& Cream	Semi Freddo	Crumble with Custard	Crackers
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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Fish main course	Beef stew	A Feast of Curries Lamb	Roast Chicken	Pasta with Peppers	Fish Fingers
Vegetarian main course	Pumpkin & Spinach Stew	Lentils	Ratatouille	Cauliflower Cheese	Seasonal Tart
Carbohydrates	Mashed Potatoes	Bombay Potatoes Steamed Rice Naan Bread	Roast Potatoes	Bread & Butter	Chips
Vegetables/ Salads	Creamed Leeks & Peas Salads with dressing	Caesar salad Raita Salads with dressing	Steamed carrots Salads with dressing	Broccoli Salads with dressing	Baked Beans Salads with dressing
Dessert	Apple cake with Custard	Rhubarb Semi Freddo	Banana Cake with Toffee	Banoffee Pie with	Chocolate Fudge Cake

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			Sauce	Cream	
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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Fish main course	Spaghetti with Meat Balls	South American Rice & Beans with scrambled Eggs	Sausages	Jerk Chicken	Baked Salmon with Tartare Sauce
Vegetarian main course	Sweet Onion and Feta Tart		Veggie Sausages	Bean & Oka Curry	Seasonal Quiche
Carbohydrates	Cauliflower Bhajis	Pitta Bread	Mash	Rice & Peas	Crushed/ Roasted New Potatoes
Vegetables /Salads	Broccoli Salads with dressing	Creamed Mushrooms Avocado Salsa Salads with dressing	Steamed Carrots Salads with dressing	Fried Plantain Salads with dressing	Sweet corn Salads with dressing
Dessert	Sugar free Yoghurt	Apple Bread Pudding with	Banoffee Pie with Cream	Fruit cake with	Cheese & Crackers

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We serve two sugar free desserts.

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Seconds are available and are catered for.

	with Fresh fruit and Honey	Custard		Custard	
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