Meg@Bite Menu **Norton Juxta Kempsey CE First School** **2nd Half Autumn 2016**

	MON	TUES	WED	THUR	FRI	MON	TUES	WED	THUR	FRI	MON	TUES	WED	THUR	FRI
	WEEK A					WEEK B					WEEK C				
MAIN 1	Pasta & Meatballs with Tomato & Basil Sauce (G)(D)	Chicken Korma (G)	Cottage Pie (G)	Roast Chicken with Stuffing (G)(D)	Oven Baked Sausage (G)(D)	Chicken & Ham Pie with Pastry Top (G)	Lasagne Verdi (G)	Chicken Korma (G)	Baked Salmon (G)	Baked Fish Finger (G)	Chicken & Tomato Pasta (G)(D)	Roast Gammon & Parsley Sauce (G)	Beef Casserole with Dumplings (G)(D)	Chicken Korma (G)	Oven Baked Chicken Nuggets
MAIN 2 (V)	Macaroni Cheese (G)	Quorn Korma (G)	Quorn Cottage Pie (G)	Vegetarian Flan	Cheese & Tomato Pizza (G)(D)	Mixed Veg Pie with Pastry Top (G)	Vegetable Lasagne	Vegetable Korma (G)	Baked Vegetarian Sausage	Cheese & Tomato Pizza (G)	Cauliflower Cheese (G)	Quorn Fillet (G)(D)	Vegetable Casserole with Dumplings (G)(D)	Quorn Korma (G)	Wholemeal Cheese & Tomato Pizza
MAIN 3	Jacket potato with cheese	Jacket potato with beans	Jacket potato with cheese	Jacket potato with cheese	Jacket potato with beans	Jacket potato with cheese	Jacket potato with cheese	Jacket potato with beans	Jacket potato with cheese	Jacket potato with beans	Jacket potato with cheese	Jacket potato with cheese	Jacket potato with beans	Jacket potato with cheese	Jacket potato with beans
MAIN 4	Jacket potato with beans	Jacket potato with tuna	Jacket potato with tuna	Jacket potato with beans	Jacket potato with beans	Jacket potato with beans	Jacket potato with tuna	Jacket potato with tuna	Jacket potato with beans	Jacket potato with beans	Jacket potato with beans	Jacket potato with tuna	Jacket potato with tuna	Jacket potato with beans	Jacket potato with beans
Packed Lunch	Ham Cheese Tuna	Ham Cheese Tuna	Ham Cheese Tuna	Ham Cheese Tuna	Ham Cheese Tuna	Ham Cheese Tuna	Ham Cheese Tuna	Ham Cheese Tuna	Ham Cheese Tuna	Ham Cheese Tuna	Ham Cheese Tuna	Ham Cheese Tuna	Ham Cheese Tuna	Ham Cheese Tuna	Ham Cheese Tuna
SIDES	Wholemeal Bread (G)	Rice & Naan (G)	Mixed Winter Veg	Dry Roast potatoes, cauliflower & carrots	Chips or ½ Jacket potato	Boiled potatoes, carrots & sweetcorn	Mixed winter salad & ½ crusty baguette	Mixed wild rice	Diced herby potatoes, peas & carrots	Chips or ½ Jacket potato	Garlic bread & winter salad	Roast potatoes, broccoli & carrots	Mashed potato, carrots & peas	Rice & garden peas	Chips or ½ jacket potato
DESSERT 1	Fruit Oatie Flapjack	Apple & cinnamon crumble with custard (G)	Angel Delight (G)	Eve's pudding with custard (G)	Mixed fruit muffins (G)	Fruit Jelly	Chocolate & Pear sponge with custard	Custard pots	Jam sponge & custard	Rice Krispy bar	Apple pie with custard	Mixed berry sponge with custard	Angel sponge cake	Lemon sponge with custard	Fruit flapjacks
DESSERT 2	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
DESSERT 3	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit