

St Matthias Menu - Autumn Term

Week 1				
Option 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Fusilli pasta bake in tomato sauce, topped with mozzarella and feta cheese, garlic bread (GW) (D)	Chicken thighs with new potatoes, steamed broccoli and gravy	Sweet potato and chickpea curry with rice and flatbreads (GW)	Shepherd's pie with sweetcorn and cabbage	Breaded cod with chips, peas, tartar sauce and ketchup (GW) (F)
Option 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Fusilli pasta bake in tomato sauce, topped with mozzarella and feta cheese, garlic bread (GW) (D) VG - Pasta bake with lentil tomato sauce (GW)	Leek and squash crumble with new potatoes, steamed broccoli and gravy (GW)	Sweet potato and chickpea curry with rice and flatbreads (GW)	Vegetable and lentil cottage pie sweetcorn and cabbage	Mixed vegetable and Cajun fajitas with crushed avocado and lime (GW)
Salad Bar				
Sliced cucumber, tomato, olive and mixed leaf salad	Diced beetroot	Red cabbage slaw with minted yoghurt (D)	Grated carrot, green bean and tomato	Iceberg lettuce and cucumber
Dessert				
Fruit	Beetroot brownies (GW) (D) (E) (SOYA)	Greek yoghurt (DAIRY) with compote, Fruit (D) VG only - jelly with mango puree	Apple and cinnamon crumble and custard (GW) (D) VG only - jelly with fruit VG only - jelly with fruit	Fruit

- Fresh bread available every day

Week 2				
Option 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Chilli lamb con carne with rice, broccoli and sweetcorn	Macaroni cheese topped with basil and paprika pesto, served with steamed cauliflower and garlic bread (GW) (D) VG- Tomato pasta	Tandoori chicken wrap with Bombay potatoes and mango chutney (GW) (D)	Lamb stew with creamy mash potato and slow cooked sugar carrots	Baked jerk chicken drumsticks served with chips and relish
Option 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable chilli con carne with rice, broccoli and sweetcorn	Macaroni cheese topped with basil and paprika pesto, served with steamed cauliflower and garlic bread VG- Tomato pasta	Tandoori chickpea and vegetable wrap with Bombay potatoes and mango chutney (GW) (D) VG- Vegan tandoori paste	Vegetable and lentil stew with creamy mash potato and slow cooked sugar carrots	Autumn jerk vegetables served with chips and relish
Salad Bar				
Coleslaw with chive vegan mayo	Tomato, olive and cucumber	Red onion, iceberg lettuce, cucumber	Cauliflower and green beans	Beetroot and baby spinach
Dessert				
Fruit	Lemon drizzle cake (GW) (E)	Greek yoghurt with cinnamon oats (GW) (D) VG - jelly	Treacle sponge pudding with custard (GW) (D) (E) Fruit VG - jelly with fruit	Fruit

- Fresh bread available every day