

## WEEK 1

2 Sept  
23 Sept  
14 Oct  
4 Nov  
25 Nov  
16 Dec  
6 Jan  
27 Jan

### Monday

Beef Chilli with Rice  
OR  
Cheese and Tomato Pizza

Peas • Baton Carrots

Fruity Chocolate Cracknel

### Tuesday

Chicken and Sweetcorn Pasta Bake  
OR  
Vegetarian Lasagne

Broccoli • Sweetcorn

Banana Loaf

### Wednesday

Roast Gammon with Yorkshire Pudding and Gravy  
OR  
Quorn Sausages with Yorkshire Pudding and Gravy

Roast or New Potatoes • Savoy Cabbage • Roast Parsnips

Strawberry Jelly with Fruit

### Thursday

Butchers' Beef Burger in a Roll  
OR  
Southern Style Quorn Burger in a Roll

Baton Carrots • Corn on the Cob

Sticky Toffee Pudding with Cream

### Friday

Oven Baked Fish Fillet  
OR  
Cheese and Onion Quiche

Chips or Pasta • Baked Beans • Peas

Ice Cream with Fruit

## WEEK 2

9 Sept  
30 Sept  
21 Oct  
11 Nov  
2 Dec  
13 Jan  
3 Feb

### Monday

Salmon Fish Cake with New Potatoes  
OR  
Cheese and Tomato Pizza

Sweetcorn • Broccoli

Fruit Shortbread with Mandarins

### Tuesday

Homemade Lasagne  
OR  
Vegetarian Sausage Pasta Bake

Green Beans • Cauliflower

Iced Raspberry Sponge

### Wednesday

Roast Chicken with Stuffing  
OR  
Roast Quorn Fillet with Stuffing

Roast or New Potatoes

Baton Carrots • Savoy Cabbage

Fruit Salad with Waffle and Chocolate Sauce

### Thursday

Sweet and Sour Chicken with Rice  
OR  
Jacket Potatoes with Selection of Fillings

Corn on the Cob • Peas

Apple Crumble with Custard

### Friday

Oven Baked Fish Fillet  
OR  
Cheese and Tomato Pinwheel

Chips or Pasta • Baked Beans • Sweetcorn

Strawberry and Vanilla Mousse

## WEEK 3

16 Sept  
7 Oct  
18 Nov  
9 Dec  
20 Jan  
10 Feb

### Monday

BBQ Chicken with Noodles  
OR  
Cheese and Tomato Pizza

Peas • Carrots

Fruit Flapjack

### Tuesday

Butchers' Oven Baked Sausages with Gravy and Mashed Potatoes  
OR  
Vegetarian Cottage Pie

Broccoli • Sweetcorn

Eves Pudding with Cream

### Wednesday

Roast Turkey with Yorkshire Pudding and Gravy  
OR  
Roast Quorn Fillet with Yorkshire Pudding and Gravy

Roast or New Potatoes • Savoy Cabbage • Baton Carrots

Raspberry Mousse Cake

### Thursday

Pasta Bolognese  
OR  
Macaroni Cheese

Cauliflower • Green Beans

Lemon Drizzle Sponge

### Friday

Oven Baked Fish Fillet  
OR  
Crispy Quorn Dippers

Chips or Pasta • Peas • Sweetcorn

Iced Fruit Smoothie with Fruit Salad



Bampton C of E Primary School

Fresh fruit, yoghurt, fresh salad and bread available. Our menu is nut free.

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