



ST. MICHAEL'S

Church of England Primary School



Autumn 2023

Weeks beginning 11th September and 2nd October

Week 1

Monday

Cajun Chicken & Pepper Penne
Chickpea & Pepper Pasta (v)
Sweetcorn
Home made Garlic Bread
Apple & Toffee Sponge



Tuesday

Butchers Sausage
Vegetable Sausage (v)
Potato Waffle
Baked Beans
Fruit Jelly & Cream



Wednesday

Chicken Fillet and Gravy
Roast Quorn Fillet (v)
Roast Potatoes,
Yorkshire Pudding
Peas & Carrots
Banana & Date Flapjack

Thursday

Beef & Vegetable Cottage Pie
Bean & Vegetable Cottage Pie (v)
Green Beans
Belgium Waffle & Chocolate Sauce



Friday

Jumbo Fish Finger
Veggie Nuggets (v)
Chunky Chips
Garden Peas
Ice Cream Pot



Available Daily

Jacket Potato with Tuna,
Cheese Or Baked Beans



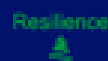
Always Available

Fresh Fruit, Yoghurt,
Salad Bar, Water &
Milk



ST. MICHAEL'S

Church of England Primary School



Autumn 2023

Weeks beginning 18th September and 9th October

Week 2

Monday

Bacon & Cheese Penne
Courgette & Tomato Pasta(v)
Home made Garlic Bread
Garden Peas



Chocolate & Orange Sponge
with Dark Chocolate Sauce



Thursday

Cool Beef Chilli with Nacho Topping
Mixed Bean Chilli & Nachos (v)

Lemon & Pea Rice

Sweetcorn

Apple & Sultana Crumble with Custard

Tuesday

Mild Chicken Korma
Vegetable Samosa (v)
Pilau Rice
Naan Bread
Carrots & Green Beans
Chocolate Mousse &
Shortbread Finger



Friday

Battered Chicken Chunks
Quorn Dippers (v)
Chunky Chips
Baked Beans
Ice Cream Pot



Wednesday

Gammon Steak & Gravy
Vegetarian Sausages (v)
Roast Potatoes
Yorkshire Pudding
Broccoli & Carrots
Yoghurt & Fruit Day



Available Daily

Jacket Potato with Tuna,
Cheese Or Baked Beans



Always Available

Fresh Fruit, Yoghurt,
Salad Bar, Water &
Milk



ST. MICHAEL'S

Church of England Primary School



Autumn 2023

Weeks beginning 25th September and 16th October

Week 3

Monday



Minced Beef & Vegetable Pasta
Broccoli & Cheese Spirals (v)
Sweetcorn & Carrots
Homemade Garlic Bread
Carrot Cake

Tuesday



Sweet & Sour Chicken
Vegetable Spring Roll (v)
Egg & Pea Rice
Green Beans & Corn
Ice Cream Roll

Wednesday



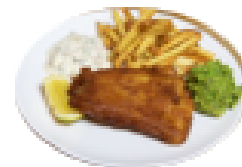
Turkey Steak & Gravy
Quorn Fillet (v)
Roast Potatoes,
Yorkshire Pudding
Carrots & Broccoli
American Pancake with
Strawberry Sauce

Thursday



Sausage, Chorizo & Bean Stew
Veggie Sausage & Bean Stew (v)
Oven Baked Wedges
Garden Peas
Chocolate Fudge Brownie

Friday



Battered Fish Fillet
Vegetable & Cheese Muffin (v)
Chunky Chips
Mushy Peas
Ice Cream Pot

Available Daily

Jacket Potato with Tuna,
Cheese Or Baked Beans



Always Available

Fresh Fruit, Yoghurt,
Salad Bar, Water &
Milk