



The Froebelian School Autumn Term Menu



AVAILABLE DAILY
Plain meat or Quorn (except meat-free Mondays)
Fresh Fruit or Yoghurt



	Week 1	Week 2	Week 3
MONDAY	Vegetarian Pasta Day Cauliflower, Carrots and Garlic Bread Brownie	Vegetarian Pie Day Creamed Potatoes, Broccoli and Parsnips Pear and Ginger Cake and Toffee Sauce	Vegetarian Roast Day Roast Potatoes, Cabbage, Green Beans, Stuffing and Yorkshire Pudding Muffin
TUESDAY	Scampi, Fish Fingers, Vegan Nuggets or Battered Fish Chips, Beans and Mushy Peas Sponge and Custard	Hot Pot or Cauliflower and Broccoli Bake Diced Potatoes, Sweetcorn and Green Beans Orange and Lemon Cake	Battered Fish, Poached Fish, Vegan Nuggets or Fish Fingers Mini Hash Browns, Peas and Carrots Bread and Butter Pudding and Chocolate Custard
WEDNESDAY	Sausages (meat & vegetarian) Yorkshire Pudding, Potato Gratin, Carrot and Swede Chocolate Eclair	Curry Day Naan Bread, Vegetable Samosa, Onion Bhaji and Rice Smoothies	Shepherds Pie or Vegetarian Polpettes Potato Croquettes, Brocoli and Sweetcorn Flapjack
THURSDAY	Goulash or Polenta in Spicy Tomato Sauce Rice, Green Beans and Cauliflower Toffee Pudding with Sauce	Vegan Nuggets, Fish Fingers, Cake or Battered Fish Boiled Potatoes and Mixed Vegetables Fruit Cobbler and Custard	Burrito's or Tabbouleh Sweet Potato, Cauliflower, Mixed Beans and Peppers White Chocolate Sponge and Sauce
FRIDAY	Hot Kickin' Chicken or Arancini Pasta, Broccoli and Baby Carrots Fruit Crumble and Custard	Stew and Dumplings Diced Potatoes, Cabbage and Cauliflower Gateaux	Meat or Vegetarian Balls Spaghetti, Green Beans and Sweetcorn Italian Trifle