College Road Primary School

# AUTUMN MENU

## WEEK ONE

WEEKS COMMENCING:
7/9, 28/9, 19/10, 16/11, 5/12

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| MAIN ONE | Homemade Margherita Pizza with Penne Pasta Salad, Salad Sticks and Sweetcorn | Devon Beef Chilli Con Carne with Rice, Tortilla Chips and Sweetcorn and Mixed Pepper Salad | Juicy Chicken Breast with Chinese Noodles and Stir-Fry Vegetables | Roast Devon Gammon and Gravy with Yorkshire Pudding, Roast Potatoes, Carrots and Broccoli | Baked Fish Fingers with Chips, Garden Peas and Baked Beans |
| MAIN TWO | Cheese and Bean Pasty with Penne Pasta Salad, Salad Sticks and Sweetcorn | Roasted Vegetable Risotto with Rice, Tortilla Chips and Sweetcorn and Mixed Pepper Salad | Chinese Stir-Fry with Chinese Noodles and Stir-Fry Vegetables | Sweet Potato Slice with Roast Potatoes, Carrots and Broccoli | Vegetable Fajita Wrap with Chips, Garden Peas and Baked Beans |
| JACKET POTATO | Jacket Potatoes served daily with a selection of fillings | Jacket Potatoes served daily with a selection of fillings | Jacket Potatoes served daily with a selection of fillings | Jacket Potatoes served daily with a selection of fillings | Jacket Potatoes served daily with a selection of fillings |
| DAILY PASTA | Pasta and Tomato Sauce with Crusty Bread and Vegetables | Pasta and Tomato Sauce with Crusty Bread and Vegetables | Pasta and Tomato Sauce with Crusty Bread and Vegetables | Pasta and Tomato Sauce with Crusty Bread and Vegetables | Pasta and Tomato Sauce with Crusty Bread and Vegetables |
| DAILY WRAPS | Ham, Cheese or Tuna Mayo with Pasta and Salad | Ham, Cheese or Tuna Mayo with Pasta and Salad | Ham, Cheese or Tuna Mayo with Pasta and Salad | Ham, Cheese or Tuna Mayo with Pasta and Salad | Ham, Cheese or Tuna Mayo with Pasta and Salad |
| DESSERT | Fresh Fruit Platter | Orange Cookie and Fruit | Strawberry Jelly and Fruit | Homemade Scone with Jam and Cream | Ice Cream with Raspberry Sauce |

We are pleased to offer a variety of allergen free options on our food menu. Although all food is prepared in a kitchen that handles most allergens and therefore we cannot guarantee that cross contamination will never occur, we do take every possible precaution to prevent this from happening.

Educatering
The School Food Revolution

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# AUTUMN MENU

## WEEK TWO

WEEKS COMMENCING:
14/9, 5/10, 2/11, 23/11, 14/12

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| MAIN ONE | Crunchy Topped Macaroni Cheese with Homemade Garlic Bread, Fresh Chopped Salad and Fine Green Beans | Baked Chicken Breast with Vegetable Rice, Rainbow Slaw and Carrot Sticks | All Day Breakfast: Devon Pork Sausage, Bacon, Hash Brown, Baked Beans and Scrambled Egg | Roast Chicken and Gravy with Yorkshire Pudding, Roast Potatoes, Broccoli and Roasted Root Vegetables | Baked Breaded Fish or Salmon Fingers with Chips, Garden Peas and Fresh Salad |
| MAIN TWO | Homemade Homity Pie with Homemade Garlic Bread, Fresh Chopped Salad and Fine Green Beans | Creamy Vegetarian Curry with Vegetable Rice, Broccoli and Naan Bread | All Day Vegetarian Breakfast: Quorn Sausage, Hash Brown, Baked Beans and Scrambled Egg | Tomato and Mozzarella Parcel with Roast Potatoes, Broccoli and Roasted Root Vegetables | Spinach and Potato Spanish Omelette with Chips, Garden Peas and Fresh Salad |
| JACKET POTATO | Jacket Potatoes served daily with a selection of fillings | Jacket Potatoes served daily with a selection of fillings | Jacket Potatoes served daily with a selection of fillings | Jacket Potatoes served daily with a selection of fillings | Jacket Potatoes served daily with a selection of fillings |
| DAILY PASTA | Pasta and Tomato Sauce with Crusty Bread and Vegetables | Pasta and Tomato Sauce with Crusty Bread and Vegetables | Pasta and Tomato Sauce with Crusty Bread and Vegetables | Pasta and Tomato Sauce with Crusty Bread and Vegetables | Pasta and Tomato Sauce with Crusty Bread and Vegetables |
| DAILY WRAPS | Ham, Cheese or Tuna Mayo with Pasta and Salad | Ham, Cheese or Tuna Mayo with Pasta and Salad | Ham, Cheese or Tuna Mayo with Pasta and Salad | Ham, Cheese or Tuna Mayo with Pasta and Salad | Ham, Cheese or Tuna Mayo with Pasta and Salad |
| DESSERT | Fresh Fruit Salad | Chocolate Mousse and Fruit Pot | Custard Cookie and Fruit | Homemade Jammie Dodger Biscuit | Ice Cream and Fruit |

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# AUTUMN MENU

## WEEK THREE

WEEKS COMMENCING:
21/9, 12/10, 9/11, 30/11

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| MAIN ONE | Mozzarella and Tomato Pasta Bake with Homemade Garlic Bread, Sweetcorn and Salad Sticks | Devon Beef Burger in a Bun with Homemade Baked Potato Wedges, Fresh Salad and Rainbow Slaw | Mild Chicken Korma with Rice, Naan Bread and Medley of Green Vegetables | Devon Roast Pork and Gravy with Yorkshire Pudding, Roast Potatoes and Roasted Root Vegetables | Baked Fish Cake with Chips, Garden Peas and Baked Beans |
| MAIN TWO | Vegetable Lasagne with Homemade Garlic Bread, Sweetcorn and Salad Sticks | Vegan Mince Burrito with Homemade Baked Potato Wedges, Fresh Salad and Rainbow Slaw | Cheesy Potato Wheels with Penne Pasta Salad and Medley of Green Vegetables | Broccoli and Cauliflower Cheese with Roast Potatoes and Roasted Root Vegetables | Vegetable Bites with Chips, Garden Peas and Baked Beans |
| JACKET POTATO | Jacket Potatoes served daily with a selection of fillings | Jacket Potatoes served daily with a selection of fillings | Jacket Potatoes served daily with a selection of fillings | Jacket Potatoes served daily with a selection of fillings | Jacket Potatoes served daily with a selection of fillings |
| DAILY PASTA | Pasta and Tomato Sauce with Crusty Bread and Vegetables | Pasta and Tomato Sauce with Crusty Bread and Vegetables | Pasta and Tomato Sauce with Crusty Bread and Vegetables | Pasta and Tomato Sauce with Crusty Bread and Vegetables | Pasta and Tomato Sauce with Crusty Bread and Vegetables |
| DAILY WRAPS | Ham, Cheese or Tuna Mayo with Pasta and Salad | Ham, Cheese or Tuna Mayo with Pasta and Salad | Ham, Cheese or Tuna Mayo with Pasta and Salad | Ham, Cheese or Tuna Mayo with Pasta and Salad | Ham, Cheese or Tuna Mayo with Pasta and Salad |
| DESSERT | Fresh Fruit Platter | Shortbread Cookie and Fruit | Blueberry Muffin | Chocolate Brownie | Jelly and Fruit |

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