STM Autumn/Winter Weekly Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week One 02/11 23/11 14/12 18/01 08/02	Pepperoni/ Turkey & tomato wholewheat pasta with veg Fruit Yoghurt	Chicken burgers with salad & wedges Vanilla ice cream & fruit sauce	Roast chicken/Quorn, potatoes, Yorkshire pudding & vegetables Pineapple sponge	Southern fried chicken, jolof rice & rainbow slaw Tropical fruit	Breaded oven baked fish/Quorn nuggets, chips & peas Fruit salad
Week Two 09/11 30/11 04/01 25/01	Beef/Quorn red lentil bolognese, garlic bread & mixed vegetables Bananas & Pears	Pepperoni/cheese pizza with leafy salad & sweetcorn Low sugar jelly	Sausage (chicken/quorn/ pork) & mash, green beans Fresh fruit	Chilli con Carne boosted with healthy beans, rice and wholemeal garlic naan Apple Crumble & custard	Fish Fingers/Quorn rolls, chips & peas Fruity Yoghurt
Week Three 16/11 07/12 11/01 01/02	Chicken pie with mash & seasonal vegetables Watermelon	Jacket potato with a selection of toppings: tuna/beans/cheese Fruit salad	Baked sausage/quorn roll with new potatoes & beans Banana & Custard	Beef/Quorn burger rice bowl served with salad & nachos Fruity Yoghurt	Oven baked fish served with seasoned wedges & carrots Fruit sponge cake

Available daily: Jacket potatoes, a selection of salad, bread and fruit

Some dishes subject to change dependent on availability of produce