

# Ashmole Primary Menu September 2022

## Week 1

WC 05/09, 26/09, 17/10, 14/11, 05/12

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Sweet Potato and Lentil Korma with Rice	Beef Burger in a Bun Served with Potato Wedges	Roast Turkey Served with Roast Potatoes and Gravy	Sweet and Sour Chicken with Wholegrain Rice	Fish Fingers or Breaded Chicken with Chips
Halal Option		Halal Beef Burger in a Bun Served with Wedges	Halal Chicken Served with Roasty Potatoes and Gravy		Breaded Halal Chicken with Chips
Vegetarian Main	Penne Pasta with Roast Sweet Pepper Sauce	Quorn Burgers Served with Wedges	Vegetarian Chow Mein with Noodles	Butternut Squash Risotto	Pizza with Chips
Dessert	Summer Berry Crumble with Vanilla Ice Cream, Fresh Fruit, Cheese and Crackers or Yoghurt	Jelly, Fresh Fruit, Cheese and Crackers or Yoghurt	Organic Yoghurt, Fresh Fruit or Cheese and Crackers	Shortbread Biscuit with Milkshake, Cheese and Crackers or Yoghurt	Ice Cream, Fresh Fruit, Cheese and Crackers or Yoghurt
Cooked Vegetable	Garden Peas	Corn On the Cob	Green Beans	Fresh Carrots	Baked Beans

A Selection of Fresh Bread, Milk, Water and Salad bar are provided daily

# Ashmole Primary Menu September 2022

## Week 2

WC 12/09, 03/10, 31/10, 21/11, 12/12

	<b>Meat Free Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Meal</b>	<b>Macaroni Cheese</b>	<b>Pork Sausages Served with Mashed Potatoes and Yorkshire Pudding</b>	<b>Roast Chicken with Roast Potatoes and Gravy</b>	<b>Chicken Pasta</b>	<b>Fish Fingers or Breaded Chicken with Chips</b>
<b>Halal Option</b>		<b>Halal Chicken Sausages with Mashed Potatoes and Yorkshire Pudding</b>	<b>Halal Turkey with Roast Potatoes and Gravy</b>		<b>Breaded Halal Chicken with Chips</b>
<b>Vegetarian Main</b>	<b>Quorn and Lentil Ragù with Cous-Cous</b>	<b>Quorn Sausages With Mashed Potatoes And Yorkshire Pudding</b>	<b>Vegetable Curry with Rice</b>	<b>Jacket Potatoes with Beans and Cheese</b>	<b>Quorn Burger with Chips</b>
<b>Dessert</b>	<b>Date Chocolate Brownie with Chocolate Sauce, Fresh Fruit, Cheese and Crackers or Yoghurt</b>	<b>Blueberry Muffin, Fresh Fruit, Cheese and Crackers or Yoghurt</b>	<b>Organic Yoghurt, Fresh Fruit or Cheese and Crackers</b>	<b>Carrot Cake with Custard, Fresh Fruit, Cheese and Crackers or Yoghurt</b>	<b>Ice Cream, Fresh Fruit, Cheese and Crackers or Yoghurt</b>
<b>Cooked Vegetables</b>	<b>Corn on the Cob</b>	<b>Garden Peas</b>	<b>Fresh Broccoli</b>	<b>Fresh Carrots</b>	<b>Baked Beans</b>
<b>A Selection of Fresh Bread, Milk, Water and Salad bar are provided daily</b>					

# Ashmole Primary Menu September 2022

## Week 3

WC 19/09, 10/10, 07/11, 28/11

	<b>Meat Free Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Meal</b>	<b>Tomato and Basil Pasta</b>	<b>Chicken Curry with Wholegrain Rice</b>	<b>Roast Turkey with Roast Potatoes and Gravy</b>	<b>Beef Lasagne with Fresh Bread</b>	<b>Fish Fingers or Breaded Chicken with Chips</b>
<b>Halal Option</b>		<b>Halal Chicken Curry with Wholegrain Rice</b>	<b>Halal Turkey with Roast Potatoes and Gravy</b>		<b>Breaded Halal Chicken with Chips</b>
<b>Vegetarian Main</b>	<b>Broccoli Cauliflower Cheese</b>	<b>Quorn Bolognaise</b>	<b>Quorn Jollof Rice</b>	<b>Mediterranean Pasta with Fresh Bread</b>	<b>Halloumi Burger with Chips</b>
<b>Dessert</b>	<b>Apple Sponge and Vanilla Ice Cream, Fresh Fruit, Cheese and Crackers or Yoghurt</b>	<b>Chocolate and Beetroot Muffin, Fresh Fruit, Cheese and Crackers or Yoghurt</b>	<b>Organic Yoghurt, Fresh Fruit or Cheese and Crackers</b>	<b>Fruit Salad, Cheese and Crackers or Yoghurt</b>	<b>Ice Cream, Fresh Fruit, Cheese and Crackers or Yoghurt</b>
<b>Cooked Vegetables</b>	<b>Sweetcorn</b>	<b>Garden Peas</b>	<b>Carrots</b>	<b>Green Beans</b>	<b>Baked Beans</b>

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