

Beaford Primary Meal Menu - Autumn Term 2022



	Week 1: 5/9, 26/9, 17/10, 14/11, 5/12	Week 2: 12/9, 3/10, 31/10, 21/11, 12/12	Week 3: 19/9, 10/10, 7/11, 28/11
Monday	All Day Breakfast V – Vegetarian sausage Hash Brown, Scrambled egg Baked Beans, tomatoes & mushrooms Iced sponge	Beef Lasagne V – Vegetarian Lasagne Garlic Bread & Mixed Veg Peach Melba	Beef Burger in a Bap V – Vegetarian Burger in a bap Potato wedges, & sweetcorn Eves pudding & custard
Tuesday	Cottage Pie V – Macaroni Cheese mixed veg Shortbread & peaches	West Country Sausages V – Vegetarian sausage Sliced potato & vegetables Fruit crumble with custard	Cowboy Casserole V – Vegetarian Casserole Creamed Potatoes & Veg Lemon drizzle cake
Wednesday	Roast Chicken V – Lentil Loaf Roast potatoes & seasonal veg Fruit Platter	Roast Beef V – Vegetarian Roast Roast potatoes & seasonal veg Artic roll & fruit coulis	Roast Gammon & Pineapple V – Baked Homity pie Roast potatoes & seasonal veg Fruit Platter
Thursday	Chicken Korma & Naan Bread V – Cheese & Tomato Pizza Sweetcorn & peas Sticky toffee pudding & fudge sauce	Chicken & Ham Pie with Potato Crust V – Roast Vegetable Tart Seasonal Veg Iced sponge	BBQ Chicken V - Broccoli & Cheese Bake Rice & Veg Jelly, fruit & Ice-cream
Friday	Oven Baked Fish V – Vegetarian Nuggets Golden fries, baked beans, carrots Homemade Cookie	Fish Fingers V -Vegetable Wrap Golden fries & seasonal veg Chocolate cracknel	Salmon or Cod Fish Cakes V - Cheese Wheels Golden fries & seasonal veg Cornflake crunchie