

### Benthal Weekly Menu Autumn Term 2016

Day Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Lamb Sausages	Lemon & Herb Roast Chicken	Lamb steak & gravy pie	Sweet & Sour Chicken pieces	Fish Fingers
Main 2	Red lentil lasagne	Chickpea & Vegetable gumbo	Mixed Bean cassoulet	Sweet & Sour Quorn	Vegetable Sausages
Starch	Mash potatoes	Cajun sweet potato wedges	Roast Potatoes	Noodles with mixed vegetables	Chips
Side Vegetables	Green Beans sweetcorn	Roasted courgettes and aubergines	Carrots Baked Beans	Steamed cabbage and green beans	Peas Sweetcorn
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Salad	Iceberg	Mixed Leaf	Iceberg	Mixed leaf	Iceberg
	Mixed peppers	Apple & Celery	Apple & Celery	Pasta salad	Mixed peppers
	Beetroot	Potato salad	Potato salad	Grated carrots & sultana	Beetroot
	Tomato	Tomato	Grated carrot & sultana	Coleslaw	Tomato
	Cucumber	cucumber	Coleslaw	cucumber	Cucumber
Dessert	Creamy cinnamon Rice pudding with mixed fruit salad	Lemon Drizzle Cake with Ice cream	Golden Flapjacks	Arctic Roll with Fruit Salad	Apple & Sultana strudel with vanilla custard

Day Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Roast Turkey with sage & onion stuffing	Spaghetti Bolognese	Baked Honey & Lime Chicken Drumsticks	Lamb jalfrezi	Tuna Pasta Bake
Main 2	Thai Pumpkin curry	Quorn Meatballs, Tomato sauce	Leek, cheese & potato pastry parcels	Vegetable curry	Mediterranean Vegetable pasta bake
Starch	Roast potatoes	Spaghetti	Baked Wedges	Pilaf Rice Nan Bread	Freshly Made bread
Side Veg	Sweetcorn peas	Freshly made bread	Mixed vegetables in a chunky tomato	Broccoli Cauliflower	Green Beans Carrots sticks
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Salad	Coleslaw	Coleslaw	Coleslaw	Mixed Leaf	Mixed Leaf
	Beetroot	Beetroot	Beetroot	Apple & Celery	Apple & Celery
	Tomato	Tomato	Tomato	Potato salad	Potato salad
	Grated carrot	Grated carrot	Grated carrot	Tomato	Tomato
	Cucumber	Cucumber	Cucumber	cucumber	cucumber
Dessert	Oat & raisin cookie with fresh fruit	Carrot Cake with lime cream	Autumn fruit cobbler with yoghurt	Banana Marble sponge with custard	Chocolate Fudge Pudding with natural yoghurt

Day Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Tandoori chicken with a mint yoghurt dressing	Shepherd Pie	Lamb Jambalaya	Neapolitan chicken pasta with spinach	Battered Fish
Main 2	Mushroom & Vegetable curry	Cauliflower & Broccoli Gratin	Vegemince chilli con carne	Penne pasta, mixed vegetables	Falafel burgers
Starch	Bombay potatoes		Seasonal vegetable rice	Garlic Bread	Chips
Side Veg	Broccoli Carrots	Steamed cabbage Roasted swede	Roast vegetable medley		Baked Beans
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Salad	Iceberg lettuce	Iceberg lettuce	Iceberg lettuce	Iceberg	Iceberg
	Tomato	Tomato	Tomato	Mixed peppers	Mixed peppers
	Cucumber	Cucumber	Cucumber	Beetroot	Beetroot
	Vegetable sticks	Vegetable sticks	Vegetable sticks	Tomato	Tomato
	Potato salad	Potato salad	Potato salad	Cucumber	Cucumber
Dessert	Bread & Butter Pudding with custard	Beetroot surprise cake	Apple Crumble with vanilla custard	Shortbread biscuits with fresh fruit salad	Pear sponge & custard

