

TEWKESBURY C OF E SCHOOL DINNER MENU SEPTEMBER 2020

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Goujons	Cheese & tomato Pizza	Chicken fillets	Meatballs	Jumbo fishfingers
Option2	Quorn dippers	Tomato soup	Quorn fillets	Quorn sausages	Veggie fingers
Carbohydrates & vegetables	Rice /peas/ sweetcorn	Wedges /beans / sweetcorn	Roast potatoes broccoli/ cauliflower	Pasta /peas /carrots	Waffles /hoops Sweetcorn
Dessert or fresh fruit	Ice cream or fruit	Cookies or fruit	Chocolate muffin or fruit	Gingerbread men	Fresh fruit or yogurt
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Popcorn chicken	Chicken korma	Braised beef & carrot	Sausages	Starfish
Option 2	Veggie burgers	Quorn korma	Quorn mince	Quorn sausages	Veggie fingers
Carbohydrates & vegetables	Pasta Sweetcorn /peas	Rice /peas /carrots	Roast potatoes/ Broccoli/ cauliflower	Diced potatoes/ Beans /sweetcorn	Smiley faces /Hoops / Sweetcorn
Dessert or fresh fruit	Jelly or fruit	Yum yums	Chocolate cake or fruit	Ice cream or fruit	Fresh fruit or yogurt
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken nuggets	BBQ chicken	Pork & apple casserole	Beef burger	Cod fillets
Option 2	Veggie nuggets	Quorn BBQ	Quorn & apple	Quorn dippers	Veggie fingers
Carbohydrates & vegetables	Pasta /peas /sweetcorn	Rice/ carrots/ Green beans	Roast potatoes/ Broccoli/ Cauliflower	Diced potatoes/ beans /carrots	Chips/ Hoops/ sweetcorn
Dessert or fresh fruit	Mousse pots or fruit	Chocolate tartlets or fruit	Carrot cake or fruit	Ice cream or fruit	Fresh fruit or yogurt