

Marsworth School - Autumn Term 1 - Lunch Menu

WEEK 1 w/c - Thur 3rd Sept / Mon 21st Sept / Mon 12th Oct

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------|-------------------------------------|--|--------------------------------------|--|
| Planet Earth | Old School | Traditional | Mediterranean | Favourites |
| Macaroni Cheese (v) | Sausage Toad in the Hole | Roasted Breast Of Turkey | Italian Meatballs Tomato Basil Sauce | Breaded BBQ Chicken in a Bun |
| Spicy Vegetable Hash (v) | Veggie Sausage Toad in the Hole (v) | Vegetable Lattice (v) | Italian Vegetable Balls (v) | Halloumi & Sauté Mushroom in a Bun (v) |
| Greek Salad & Crusty Roll | Mash Potato & Baked Beans | Stuffing, Roast Potatoes, Peas & Gravy | Served with Garlic Rice & Salad | Jacket Wedges & Sweetcorn |
| Fresh Fruit Platter | Oat & Raisin Cookies | Fruit Jelly | Fruity Flapjack | Fruit Lollies |

WEEK 2 w/c Mon - 7th Sept / 28th Sept / 19th Oct

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------------|---|---|---|-----------------------------------|
| Ocean | Planet Earth | Traditional | Aromatic | Favourites |
| Breaded Cod | Large Jacket Potato (v) | Roast Loin Of Pork | Yes Chefs Famous Mild Chicken Curry | Hot Dogs |
| Breaded Vegetable Cake (v) | Large Jacket Potato (v) | Stuffed Peppers with Mediterranean Cous Cous (v) | Vegetable Balti (v) | Vegetarian Sausage (v) |
| New Potatoes & Minted Crushed Peas | Hot Topping, Tuna Mayonnaise, Cheese, Baked Beans, Coleslaw | Yorkshire Pudding, Roast Potatoes, Mixed Vegetables & Gravy | Sauce packed with Vegetables, served with Basmati Rice & Naan Bread | Herby Diced Potatoes & Sweet Corn |
| Chocolate Cookie | Melon Slices | Apple Crumble & Ice Cream | Yogurt selection | Fudge Cup Cake |

WEEK 3 w/c Mon - 14th Sept / 5th Oct

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------|----------------------------|---|--------------------------|---------------------------------------|
| Planet Earth | Old School | Traditional | Mediterranean | Favourites |
| Tomato & Basil Penne Pasta | Sausage Plait | Roast Chicken | Spaghetti Bolognese | Pepperoni, Tomato & Mozzarella Pizza |
| Roasted Falafels Pitas (v) | Sweet Potato Cake (v) | Mushroom Stroganoff with Rice (v) | Vegetable Enchiladas (v) | Tomato & Mozzarella Pizza (v) |
| Crunchy Mixed Salad | Roasted Vegetables & Beans | Yorkshire Pudding, Roast Potatoes, Mixed Vegetables & Gravy | Salad & Garlic Bread | Root Vegetable Slaw & Vegetable Bites |
| Fresh Fruit Platter | Vanilla Cookie | Treacle Sponge & Ice Cream | Fruit Jelly | Ring Doughnuts |

Important Information

(v) = Vegetarian option.

A selection of salads and alternative desserts of fresh fruit & yogurts are available each day.

Allergens: All food is prepared in a kitchen where gluten and other allergens are present. We do have a nut free policy within our kitchen. Our menu descriptions do not include all ingredients. Full allergen information is available on request.

Dietary Ordering: if your child has been advised by their GP or Health Care Professional to follow a special diet Yes Chef must be informed of any food allergies or dietary requirements before the start of the menu and supply a list of the day(s) and the meals your child wishes to eat.

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