



CHARLES DARWIN SCHOOL MEALS - Autumn MENU

MEAT FREE MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Optn 1 Hidden Vegetable Pasta & Garlic Bread	Chicken Chow Mein	Roast / Quorn Mash/Veg/Yorkshire	Lasagne Style Pasta	Fish & Chips
Optn 2	Jacket Potato with Cheese/Beans/Tuna	Veggie Chow Mein	Jacket Potato with Cheese/Beans/Tuna Salad	Veggie Lasagne Pasta Salad	Jacket Potato with Cheese/Beans/Tuna Salad
Optn 3	Picnic Bag Baguette/Bun with Ham/Cheese/Tuna Salad/Carrot/Cucumber Sticks	Jacket Potato with Cheese/Beans/Tuna Salad	Picnic Bag Baguette/Bun with Ham/Cheese/Tuna Salad/Carrot/Cucumber Sticks	Jacket Potato with Cheese/Beans/Tuna Salad	Picnic Bag Baguette/Bun with Ham/Cheese/Tuna Salad/Carrot/Cucumber Sticks
Dessert	Flapjack Fresh Fruit/Yoghurt	Chocolate Penny Fresh Fruit/Yoghurt	Raspberry Bun Fresh Fruit/Yoghurt	Golden Cookie Fresh Fruit/Yoghurt	Marble Cake Fresh Fruit/Yoghurt
Week 2	Optn 1 Cheese Flan, Potato Cubes & Veg	Tikka Masala or Quorn Rice & Naan	Meatballs & Pasta Veggie Balls	Steak Pie Mashed Potato & Veg	Chicken Goujons or Quorn Goujons Chips & Peas
Optn 2	Jacket Potato with Cheese/Beans/Tuna Salad	Picnic Bag Baguette/Bun with Ham/Cheese/Tuna Salad/Carrot/Cucumber Sticks	Jacket Potato with Cheese/Beans/Tuna Picnic Bag Baguette/Bun with Ham/Cheese/Tuna Salad/Carrot/Cucumber Sticks	Jacket Potato with Cheese/Beans/Tuna Salad	Jacket Potato with Cheese/Beans/Tuna
Optn 3	Picnic Bag Baguette/Bun with Ham/Cheese/Tuna Salad/Carrot/Cucumber Sticks	Jelly Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Melted Moments Fresh Fruit/Yoghurt	Picnic Bag Baguette/Bun with Ham/Cheese/Tuna Salad/Carrot/Cucumber Sticks
	School Cake Fresh Fruit/Yoghurt				Chocolate Crunch Fresh Fruit/Yoghurt

MILK AND WATER SERVED EVERY DAY

ALL MENU ITEMS ARE SUBJECT TO AVAILABILITY

ALLERGEN INFORMATION IS ON THE SCHOOL GATEWAY WHEN ORDERING OR SPEAK TO THE CATERING TEAM