

# TSAT Primary Autumn/Winter 20/21 Menu

## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<b>Cheese and Tomato Pizza ** with Dough Balls (V)</b>  Cheesy Tomato Topped Pizza Slice	<b>Chicken Burger with Potato Wedges</b>  Roast chicken served in a soft bun with lettuce and mayo	<b>Roast Turkey with Roast Potatoes and Gravy</b>  Succulent roast Turkey with fluffy roasties and tasty gravy	<b>Pasta Bolognese ** with a Garlic &amp; Herb Bread Wedge **</b>  A classic Italian beef Bolognese in a yummy tomato sauce	<b>Golden Fish Fingers and Chips</b>  Crispy Fish Fingers and scrummy chips
Alternative Dish	<b>Baked Macaroni (V)</b>  Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	<b>Veggie Burger with Potato Wedges (V)</b>  Veggie Burger served in a soft bun with lettuce and mayo	<b>Quorn Roast with Roast Potatoes and Gravy (V)</b>  Succulent roast Quorn with fluffy roasties and tasty gravy	<b>Veggie Bolognese with a Garlic &amp; Herb Bread Wedge **</b>  A classic Italian Veggie Bolognese in a yummy tomato sauce	<b>Quorn Nuggets and Chips (V)</b>  Crispy Quorn nuggets with their fave sauce – ketchup
Packed Lunch	Ham or Cheese Packed Lunch with whole fruit, Yo-Yo Fruit Bar or Yoghurt Pot and Dessert of the Day				
Jacket Potato	Jacket Potato With A Choice Of Fillings				
Vegetables	Sweetcorn	Peas	Carrots	Sweetcorn	Baked Beans
Desserts	Secret Brownie	Strawberry Ice Cream with Fruit	Cheese & Biscuits	Chocolate Ice Cream with Fruit	Flapjack and F

### Week Commencing

2/11/20

23/11/20

14/12/20

4/1/21

25/1/21

15/2/21

8/3/21

29/3/21

Cool Water, Fresh Fruit and Yoghurt available daily

\*Fruit Based \*\* Wholemeal (V) Vegetarian



# TSAT Primary Autumn/Winter 20/21 Menu

## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Cheese and Tomato Pizza **</b> <i>with Dough Balls (V)</i>  Cheesy Tomato Topped Pizza Slice	<b>Chicken Tikka Masala</b> <i>with Rice **</i>  Succulent chicken in a mild curry sauce	<b>Roast Chicken with Roast Potatoes and Gravy</b>  Succulent Chicken Breast with fluffy roasties and tasty gravy	<b>Favourite Beef Lasagne</b> <i>with a Garlic &amp; Herb Bread Wedge **</i>  A classic Italian layered pasta dish with beef mince	<b>Southern Fried Chicken Tasters</b>  Lightly seasoned crispy chicken strips and scrummy chips
<b>Alternative Dish</b>	<b>Baked Macaroni (V)</b> Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	<b>Veggie Curry with Rice</b>  Chunky Vegetables in a mild curry sauce	<b>Quorn Roast with Roast Potatoes and Gravy</b>  Roast Quorn with fluffy roasties and tasty gravy	<b>Veggie Lasagne with a Garlic &amp; Herb Slice</b>  A classic Italian layered pasta dish with Vegetables	<b>Quorn Nuggets and Chips</b>  Crispy nuggets and chips
<b>Packed Lunch</b>	<b>Ham or Cheese Packed Lunch with whole fruit, Yo-Yo Fruit Bar or Yoghurt Pot and Dessert of the Day</b>				
<b>Jacket Potato</b>	<b>Jacket Potato With A Choice Of Fillings</b>				
<b>Vegetables</b>	<b>Sweetcorn</b>	<b>Peas</b>	<b>Carrots</b>	<b>Sweetcorn</b>	<b>Baked Beans</b>
<b>Desserts</b>	<b>Shortbread Biscuit and Fruit</b>	<b>Apple Muffin *</b>	<b>Strawberry Ice Cream</b>	<b>Cheese and Biscuits</b>	<b>Jelly and Fruit</b>

**Week Commencing**  
 9/11/20  
 30/11/20  
 21/12/20  
 11/1/21  
 1/2/21  
 22/2/21  
 15/3/21  
 5/4/21

Cool Water, Fresh Fruit and Yoghurt available daily

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# TSAT Primary Autumn/Winter 20/21 Menu

## Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Cheese and Tomato Pizza **</b> <i>with Dough Balls (V)</i> Cheesy Tomato Topped Pizza Slice	<b>Sausage and Mash with Gravy</b>  Traditional Pork Sausage and Mash with rich Gravy	<b>Roast Turkey with Roast Potatoes and Gravy</b>  Moist roast turkey with fluffy roasties and tasty gravy	<b>Pasta Bolognese **</b>  A classic Italian beef Bolognese in a yummy tomato and beef sauce	<b>Beef Burger in a bun and Chips</b>  Hamburger and scrummy chips
<b>Alternative Dish</b>	<b>Baked Macaroni (V)</b> Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	<b>Veggie Sausage and Mash</b> Traditional Veggie Sausage and Mash with rich Gravy	<b>Quorn Roast with Roast Potatoes and Gravy</b> Roast Quorn with fluffy roasties and tasty gravy	<b>Quorn Bolognese **(V)</b> Penne pasta in a yummy tomato and Quorn sauce	<b>Veggie Burger with Chips (V)</b> A delicious Veggie burger
<b>Jacket Potato</b>	<b>Jacket Potato With A Choice Of Fillings</b>				
<b>Packed Lunch</b>	<b>Ham or Cheese Packed Lunch with whole fruit, Yo-Yo Fruit Bar or Yoghurt Pot and Dessert of the Day</b>				
<b>Vegetables</b>	<b>Sweetcorn</b>	<b>Peas</b>	<b>Carrots</b>	<b>Sweetcorn</b>	<b>Baked Beans</b>
<b>Desserts</b>	<b>Raspberry Yoghurt Cake</b>	<b>Strawberry Ice Cream</b>	<b>Flapjack with Fruit Slices *</b>	<b>Chocolate Apricot Brownie</b>	<b>Vanilla Ice Cream</b>

**Week Commencing**

16/11/20

7/12/20

28/12/20

18/1/21

8/2/21

1/3/21

22/3/21

12/4/21

Cool Water, Fresh Fruit and Yoghurt available daily

\*Fruit Based \*\* Wholemeal (V) Vegetarian

