BOW COMMUNITY PRIMARY SCHOOL

AUTUMN MENU

WEEK ONE

WEEKS COMMENCING:
2/11, 23/11, 14/12, 18/1, 8/2, 8/3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN ONE	Pepperoni Pizza with Baked Potato Wedges and Sweetcorn	Devon Beef Lasagne with Homemade Focaccia Bread, Fresh Chopped Salad and Garden Peas	Devon Pork Chipolatas with Roast Potatoes, Carrots and Broccoli	Breaded Chicken Goujon Burger with Baked Potato Balls, Coleslaw and Freshly Chopped Salad	Baked Fish Fingers or Salmon Fingers with Chips, Garden Peas and Baked Beans
MAIN TWO	Homemade Margherita Pizza with Baked Potato Wedges and Sweetcorn	Cheddar Cheese and Tomato Bake with Homemade Focaccia Bread, Fresh Chopped Salad and Garden Peas	Vegan Mince and Vegetable Parcel with Roast Potatoes, Carrots and Broccoli	Quorn Sausage and Ketchup Hot Dog with Baked Potato Balls, Coleslaw and Freshly Chopped Salad	Vegetable Nuggets with Chips, Garden Peas and Baked Beans
JACKET POTATO	Jacket Potatoes served daily with a selection of fillings	Jacket Potatoes served daily with a selection of fillings	Jacket Potatoes served daily with a selection of fillings	Jacket Potatoes served daily with a selection of fillings	Jacket Potatoes served daily with a selection of fillings
DAILY DELI	Cheese, Ham or Tuna Sandwich	Cheese, Ham or Tuna Sandwich	Cheese, Ham or Tuna Sandwich	Cheese, Ham or Tuna Sandwich	Cheese, Ham or Tuna Sandwich
DESSERT	Shortbread	Apple Cake	Fresh Fruit Platter	Chocolate Rice Crispy Cake	Custard Cookie

Educatering
The School Food Revolution

We are pleased to offer a variety of allergen free options on our food menu. Although all food is prepared in a kitchen that handles most allergens and therefore we cannot guarantee that cross contamination will never occur, we do take every possible precaution to prevent this from happening.

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AUTUMN MENU

WEEK TWO

WEEKS COMMENCING:
9/11, 30/11, 4/1, 25/1, 22/2, 15/3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN ONE	Macaroni Cheese with Homemade Garlic Bread, Fresh Chopped Salad and Garden Peas	Devon Beef Bolognese with Penne Pasta and Carrots	Roast Chicken and Gravy with Roast Potatoes, Broccoli and Garden Peas	Crispy Chicken Katsu Curry with Rice, Naan Bread and Sweetcorn	Baked Breaded Fish with Chips, Garden Peas and Baked Beans
MAIN TWO	Beany Jolloff Rice with Homemade Garlic Bread, Fresh Chopped Salad and Garden Peas	Cauliflower, Leek and Cheese Bake with Homemade White Bread and Carrots	Roast Quorn Fillet and Gravy with Roast Potatoes, Broccoli and Garden Peas	Cheese and Onion Pasty with Vegetable Rice and Sweetcorn	Cheese Wheel with Chips, Garden Peas and Baked Beans
JACKET POTATO	Jacket Potatoes served daily with a selection of fillings	Jacket Potatoes served daily with a selection of fillings	Jacket Potatoes served daily with a selection of fillings	Jacket Potatoes served daily with a selection of fillings	Jacket Potatoes served daily with a selection of fillings
DAILY DELI	Cheese, Ham or Tuna Sandwich	Cheese, Ham or Tuna Sandwich	Cheese, Ham or Tuna Sandwich	Cheese, Ham or Tuna Sandwich	Cheese, Ham or Tuna Sandwich
DESSERT	Banana Cake	Flapjack	Strawberry Mousse and Fruit Pot	Toffee Apple Crumble and Custard	Chocolate Cookie

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AUTUMN MENU

WEEK THREE

WEEKS COMMENCING:
16/11, 7/12, 11/1, 1/2, 1/3, 22/3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN ONE	Tomato and Mozzarella Pasta Bake with Homemade Foccacia, Sweetcorn and Salad Sticks	Devon Beef Burger In a Bun with Baked Potato Wedges, Coleslaw and Baked Beans	Roast Gammon with Crispy Roast Potatoes, Garden Peas and Fine Beans	Devon Pork Meatballs with Spaghetti and Carrots	Salmon Fingers or Chicken Bites with Chips, Garden Peas and Baked Beans
MAIN TWO	Margherita Wrap with Sauted Potatoes, Sweetcorn and Salad Sticks	Cajun Butternut Squash and Bean Burger with Baked Potato Wedges, Coleslaw and Baked Beans	Yorkshire Pudding Vegetable Cottage Pie with Roast Potatoes, Garden Peas and Fine Beans	Mild Thai Quorn and Coconut Curry with Rice, Naan Bread and Carrots	Homemade Vegetarian Sausage Roll with Chips, Garden Peas and Baked Beans
JACKET POTATO	Jacket Potatoes served daily with a selection of fillings	Jacket Potatoes served daily with a selection of fillings	Jacket Potatoes served daily with a selection of fillings	Jacket Potatoes served daily with a selection of fillings	Jacket Potatoes served daily with a selection of fillings
DAILY DELI	Cheese, Ham or Tuna Sandwich	Cheese, Ham or Tuna Sandwich	Cheese, Ham or Tuna Sandwich	Cheese, Ham or Tuna Sandwich	Cheese, Ham or Tuna Sandwich
DESSERT	Hob Nob Biscuit	Strawberry Jelly and Fruit	Melon and Orange Wedges	Jammie Dodger	Marble Cake

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