

# THE MINSTER NURSERY & INFANT SCHOOL

Please note that all meals are served with Wholemeal bread and Salad.

## AUTUMN MENU 2018

Week One: 3/9, 24/9, 15/10, 12/11, 3/12	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Fish Option	Turkey Pasta	Korean Beef	Roast Chicken with Stuffing	Chicken and Sweetcorn Pie	Fish Fingers
Vegetarian Option	Cajun Quorn Jambalaya	Big Bean Chilli	Quorn Fillet	Spicy Squash Stew	Red Lentil & Cheese Enchiladas
Jacket Potato	Salmon & Tomato, Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw	Salmon & Tomato, Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw	Salmon & Tomato, Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw	Salmon & Tomato, Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw	Salmon & Tomato, Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw
Vegetables	Sweetcorn Cauliflower	Carrots Broccoli	Brussel Sprouts Mixed Veg	Green Beans Carrots	Peas Baked Beans
Carbohydrate	Homemade Garlic Bread	Mixed Rice	Roast Potatoes	New Potatoes	Chips
Sweet Choice 1	Sticky Chocolate Pudding and Chocolate Sauce	Lemon Meringue Pie	Raspberry Yoghurt Ice Cream	Honey Flapjack	Chocolate Melt Brownies
Sweet Choice 2	Cheese & Biscuits Yoghurt, Fresh Fruit	Cheese & Biscuits Yoghurt, Fresh Fruit	Cheese & Biscuits Yoghurt, Fresh Fruit	Cheese & Biscuits Yoghurt, Fresh Fruit	Cheese & Biscuits Yoghurt, Fresh Fruit



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Week Three: 17/9, 8/10, 5/11, 26/11, 17/12	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Fish Option	Louisiana Turkey	Chicken, Tomato & Broccoli Bake	Roast Beef & Yorkshire Pudding	Apricot & Lamb Stew	Turkey Burger
Vegetarian Option	Quorn Vegetable Tikka	Pasta & Bean Casserole	Quorn Fillet	Sweet Potato & Lentil Tagine	Quorn Burger
Jacket Potato	Salmon & Tomato, Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw	Salmon & Tomato, Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw	Salmon & Tomato, Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw	Salmon & Tomato, Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw	Salmon & Tomato, Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw
Vegetables	Broccoli Sweetcorn	Peas Cauliflower	Mixed Veg Cabbage	Carrots Green Beans	Baked Beans Peas
Carbohydrate	Mixed Rice	Pasta	Roast Potatoes	Mashed Potato	Chips
Sweet Choice 1	Apple Crumble and Ice-Cream	Chocolate Cake and Chocolate Sauce	Eton Mess	Sticky Ginger Cake and Custard	Chocolate Mousse
Sweet Choice 2	Cheese & Biscuits Yoghurt, Fresh Fruit	Cheese & Biscuits Yoghurt, Fresh Fruit	Cheese & Biscuits Yoghurt, Fresh Fruit	Cheese & Biscuits Yoghurt, Fresh Fruit	Cheese & Biscuits Yoghurt, Fresh Fruit