

# Mount Tamar School Lunch Menu – Autumn 2022 (revised 14/09/22)

Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Pick A Main</b>				
	Macaroni Cheese (2,7,13), Focaccia Bread (2) & Salad	<b>Cottage Pie</b> (1) with Peas & Carrots. Gravy	Baked “Southern Style” Chicken Wrap (2) & Side Salad with Sweetcorn & Red Pepper Rice	Roast Gammon, Roast Potatoes with 2 Fresh Vegetables and Gravy	Breaded Fish Fillet (2,5) with Chips and Baked Beans
	<b>Pick a Vegetarian Main</b>				
	5 Bean Enchilada (2,7), Jacket Potato Wedges & Salad	<b>Vegan Sausage</b> (13), Creamed Potatoes, Peas & Carrots. Gravy	Vegetable Lasagne (2,4,7,13) with Garlic Focaccia and Side Salad	<b>Cauliflower Cheese</b> (7) with Roast Potatoes, 2 Fresh Vegetables and Gravy	Vegetable Nugget Burger (2,4,7,13) with Chips and Baked Beans
	<b>Pick a Jacket Potato</b>				
	Cheese/Beans/Tuna Mayo (4,5,9)	Cheese/Beans/Tuna Mayo (4,5,9)	Cheese/Beans/Tuna Mayo (4,5,9)	Cheese/Beans/Tuna Mayo (4,5,9)	Cheese/Beans/Tuna Mayo (4,5,9)
	<b>Pick a Pudding</b>				
	<b>Vanilla Ice Cream Pot</b> (???) & Strawberry Sauce	<b>Baked Apple Cake</b> (2,4)	<b>Blueberry Muffin</b> (2,4)	Banana Custard (4,7,13)	Oaty Cookie (2)
	Fresh Fruit/Yoghurt (7)	Fresh Fruit/Yoghurt (7)	Fresh Fruit/Yoghurt (7)	Fresh Fruit/Yoghurt (7)	Fresh Fruit/Yoghurt (7)

Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Pick A Main</b>				
	The Brunch. Sausage, Bacon (14) with Hash Brown and Peas or Beans	Beef Meatballs and Pasta (2,9,13) with Garlic Focaccia (2) & Sweetcorn	Cheese Topped Tuna Pasta Bake (2,5,7,9,13) with Focaccia Bread (2) and Salad	Roast Chicken with Stuffing (2), Roast Potatoes with 2 Fresh Vegetables and Gravy	Chicken Breast Burger (2,4,7,13), Chips & Peas
	<b>Pick a Vegetarian Main</b>				
	Vegetable Packed Korma (9) with Sunshine Rice	Halloumi Pizzaiola (2,7), Pasta (2,9,13), Garlic Focaccia (2) & Sweetcorn	Hand Stretched Margarita Pizza (2,7), Pommes Noisettes (7) and Mixed Salad	Veggie Meatless Loaf (2,14), Roast Potatoes with 2 Fresh Vegetables and Gravy	Vegan Pesto Pasta (2,9,13) & Mixed Salad
	<b>Pick a Jacket Potato</b>				
	Cheese/Beans/Tuna Mayo (4,5,9)	Cheese/Beans/Tuna Mayo (4,5,9)	Cheese/Beans/Tuna Mayo (4,5,9)	Cheese/Beans/Tuna Mayo (4,5,9)	Cheese/Beans/Tuna Mayo (4,5,9)
	<b>Pick a Pudding</b>				
	Chocolate Sponge Cake (2,4)	Fruity Flapjack (2)	<b>Jam &amp; Coconut Sponge</b> (2,4)	<b>Granola Topped Fruity Yoghurt</b> (2,7,14)	Chocolate Cookie (2)
	Fruit/Yoghurt (7)	Fresh Fruit/Yoghurt (7)	Fresh Fruit/Yoghurt (7)	Fresh Fruit	Fresh Fruit/Yoghurt (7)

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Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Pick A Main</b>				
	Spaghetti Bolognese (2), Garlic Bread (2) and Sweetcorn	Butcher Sausage Hot Dog (2,4,12,14), Potato Wedges & BBQ Beans	Mild Chicken Korma (1,9,14) with Sunshine Rice	Roast Turkey, Roast Potatoes with 2 Fresh Vegetables and Gravy	Fish Fingers (2,5), Chips & Peas.
	<b>Pick a Vegetarian Main</b>				
	<b>Vegetable Chilli</b> with Rice & Sweetcorn	Homemade Cheese & Bean Pasty (2,7), Potato Wedges & BBQ Beans	<b>Vegan Sausage Hot Dog</b> (2,4,12,13), Beans and Mixed Salad	Leek & Potato Gratin (7), Roast Potatoes with 2 Fresh Vegetables and Gravy	Vegetable Nuggets (2) with, Chips & Peas
	<b>Pick a Jacket Potato</b>				
	Cheese/Beans/Tuna Mayo (4,5,9)	Cheese/Beans/Tuna Mayo (4,5,9)	Cheese/Beans/Tuna Mayo (4,5,9)	Cheese/Beans/Tuna Mayo (4,5,9)	Cheese/Beans/Tuna Mayo (4,5,9)
	<b>Pick a Pudding</b>				
	<b>Toffee Sponge (2,4)</b>	Apple Crumble & Custard (2,4,7,13)	<b>Jelly with Fruit</b>	<b>Fruit Topped Cheesecake (2,7)</b>	Coconut Cookie (2,14)
	Fruit/Yoghurt (7)	Fresh Fruit/Yoghurt (7)	Fresh Fruit/Yoghurt (7)	Fresh Fruit/Yoghurt (7)	Fresh Fruit/Yoghurt (7)