

SCAPEGOAT HILL J & I SCHOOL

School meals

Winter menus from September 2020:

WEEK 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Oven baked sausage Yorkshire pudding and gravy Creamed potatoes Seasonal vegetables	Homemade loaded vegetable pizza Crispy sliced potatoes Golden sweetcorn	Roast chicken Oven roast & creamed potatoes Seasonal vegetables	Chicken Tikka Masala Fluffy wholegrain rice	Harry Ramsden's battered fish Oven baked chips Garden peas
Vegetarian savoury mince Yorkshire pudding Creamed potatoes Seasonal vegetables	Quorn chilli Fluffy wholegrain rice	Cheese & onion pie Oven roast potatoes Seasonal vegetables	Vegetable lasagne Garlic bread Crispy mixed salad	Falafel burger in a bread bun Oven baked chips Crunchy coleslaw
Victoria sponge & creamy custard Ice cream sundae Chunky fruit pots	Fruit shortcake Creamy custard Jelly & cream Fresh fruit salad	Reduced sugar: Pancakes & honey Carrot cake muffins	Sticky toffee pudding & custard Abbey crunch biscuit & fresh milkshake Chunky fruit pots	A selection of home baking Organic yoghurts Fresh fruit kebabs

WEEK 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken or vegetarian meatballs in Italian tomato sauce Organic pasta	Meat & potato pie Carrot batons Garden peas	Roast turkey Oven roast & creamed potatoes Seasonal vegetables	Cheese & tomato calzone Jacket wedges Crunchy coleslaw	Golden crumbed fish fingers Oven baked chips Medley of peas & sweetcorn
Salmon fillet Herby diced potatoes Broccoli	Quorn dippers & ketchup dip Crispy sliced potatoes Garden peas	Vegetarian sausage Oven roast & creamed potatoes Seasonal vegetables	Quorn Balti Fluffy wholegrain rice	Jacket potatoes Cheese & beans Side salad
Caramel apple pudding & custard Fresh fruit juice & shortbread biscuit Chunky fruit pots	Fairy buns Organic yoghurts Fresh fruit kebabs	Reduced sugar: Chunky fruit muffins Cheese & crackers	Viennese tart & creamy custard Fruit in jelly Fresh fruit salad	Chocolate sponge & chocolate sauce Selection of home baking Chunky fruit pots

We would like to remind parents that we need two weeks' notice to change from school meals to packed lunches, and vice versa - thank you.