

# Overleigh St Mary's CE Primary School

## Cosmic Canteen Menu



## Autumn Term 2018

We do hope your children enjoy our four week homemade menu! There is no charge for children in Early Years Foundation Stage, Year 1 & Year 2.  
The cost of a school meal for children in years 3,4,5 & 6 is **£2.30** per day.  
Don't forget to top up your child's lunch account and view their menu choices online using ParentMail.

### *Overleigh Wrap Bar served with homemade salad*

*Pick your choice of bread, filling and salad.*

*Daily fillings include ham, turkey, cheese, tuna, egg and a weekly special!*

### **Besides our wonderful menu the following are available daily:-**

**Bread without spread, assorted salad, yoghurt and fresh fruit, cheese and crackers. Fruit juice, chilled milk or water.**

**Free range eggs are used in all our recipes, our fish is MSC approved (Marine Steward Council), all our meat is supplied fresh from a local butcher and our puddings are made daily on the premises.**

**Allergens—our meals may contain the following allergens please speak to the Canteen if you have concerns:-**

**fish, cereals containing gluten, lupin, eggs, milk, celery, mustard.**

*Please note small menu changes may take place to the menu due to availability from suppliers*

|   | <p><b>WEEK 1</b><br/>Week beginning<br/>3rd Sept, 1st Oct, 5th Nov,<br/>3rd Dec,</p>  | <p><b>WEEK 2</b><br/>Week beginning<br/>10th Sept, 8th Oct,<br/>12th Nov, 10th Dec,</p>  | <p><b>WEEK 3</b><br/>Week beginning<br/>17th Sept, 15th Oct,<br/>19th Nov, 17th Dec</p>   | <p><b>WEEK 4</b><br/>Week beginning<br/>24th Sept, 22nd Oct,<br/>26th Nov,</p>  |
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| <p>Meat free<br/>Monday</p> <p><b>MEAT FREE MONDAY</b></p>  <p><i>Deli bar open every day see over</i></p> | <p>Sticky BBQ Quorn fillet<br/>Jacket potato with cheese and beans<br/>Sauté potatoes<br/>Peas or coleslaw<br/>Fruit salad<br/>Cheese and crackers</p>  | <p>Creamy Quorn pasta gratin<br/>Jacket Potato &amp; vegetarian<br/>Bolognaise<br/>Broccoli or sweetcorn<br/>Fruit salad<br/>Cheese and crackers</p>   | <p>Quorn sausage &amp; tomato frittata<br/>Jacket potato with savoury<br/>cheese &amp; coleslaw<br/>Peas or green salad<br/>Fruit salad<br/>Cheese and crackers</p>                             | <p>Sweet chilli Quorn noodle pot<br/>Jacket potato with cheese<br/>and beans<br/>Fruit salad<br/>Cheese &amp; crackers</p>  |
| <p><b>TUESDAY BEST OF BRITISH</b></p>    | <p>Cottage pie or vegetarian<br/>Cottage pie<br/>Crusty bread and red cabbage<br/>Jacket potato with tuna and<br/>pepper mayonnaise<br/>Carrots or broccoli<br/>flapjack</p>  | <p>Chicken and bacon hotpot<br/>Thai style Quorn jasmine rice<br/>Jacket potato with curried beans<br/>Peas or salad<br/>Iced sponge</p>   | <p>Chicken curry and rice<br/>Quorn curry &amp; rice<br/>Jacket potato with tuna &amp;<br/>pepper mayonnaise<br/>Sweetcorn or salad<br/>Sticky toffee pudding</p>                               | <p>Minced beef &amp; potato pie<br/>vegetarian Quorn &amp; potato pie<br/>Jacket potato with vegetarian<br/>bolognaise<br/>Creamed potatoes<br/>Broccoli or sweetcorn<br/>Cherry cheesecake</p>                 |
| <p><b>WEDNESDAY ROAST</b></p>    | <p>Roast pork apple sauce &amp; stuffing<br/>Jerk Quorn fillet with<br/>rice &amp; peas<br/>Jacket potato with egg mayonnaise<br/>Cauliflower or sweetcorn<br/>Creamed potatoes<br/>Apple crumble &amp; custard</p> | <p>Roast turkey, stuffing &amp;<br/>cranberry sauce<br/>Roast Quorn fillet<br/>Creamed potatoes<br/>Jacket potato with tuna &amp; sweetcorn<br/>Carrots or sprouts<br/>Jam roly poly &amp; custard</p> | <p>Roast beef &amp; Yorkshire pudding<br/>Cheese and onion quiche<br/>Jacket potato with chilli<br/>con carne<br/>Roast potatoes<br/>Carrots or green beans<br/>Bakewell tart &amp; custard</p> | <p>Roast pork, apple sauce &amp; stuffing<br/>Savoury cheese pinwheels<br/>Jacket potato with cheese &amp;<br/>Pineapple<br/>Roast potatoes<br/>Carrots or roast parsnips<br/>Mincemeat crumble and custard</p> |
| <p><b>THURSDAY TASTE OF ITALY</b></p>   | <p>Lasagne &amp; garlic bread<br/>vegetarian lasagne &amp; garlic bread<br/>Jacket potato with tuna &amp; sweetcorn<br/>Green salad or peas<br/>Overleigh mud pie</p>   | <p>Butchers pork sausage<br/>Quorn sausage, scrambled egg &amp;<br/>hash browns<br/>Jacket potato &amp; spicy chicken<br/>Mushrooms or baked beans<br/>Raspberry buns</p>                              | <p>Spaghetti bolognaise<br/>&amp; garlic bread<br/>vegetarian bolognaise<br/>&amp; garlic bread<br/>Jacket potato with sausage &amp; beans<br/>Green salad or coleslaw<br/>Ginger biscuit</p>   | <p>Pork or Quorn meatballs in tomato<br/>&amp; basil sauce<br/>Jacket potato with savoury ham<br/>Pasta shells<br/>Peas or sweet Corn<br/>Chocolate crunch</p>  |
| <p><b>FRIDAY FAVOURITES</b></p>   | <p>Cheese &amp; tomato pizza<br/>Jacket potato with savoury cheese<br/>Cod fish fingers<br/>Baked beans or sweetcorn<br/>Chips<br/>Orange drizzle muffins</p>   | <p>Home battered fish &amp; tartare sauce<br/>Butchers beefburger<br/>Louisiana style Quorn burger<br/>Chips<br/>Mushy peas or beans<br/>Jacket potato, cheese &amp; coleslaw<br/>Ice cream</p>        | <p>Meat feast pizza<br/>Quorn pizzadilla<br/>Chips<br/>Jacket potato with cheese and salad<br/>Baked beans or peas<br/>Cherry muffins</p>   | <p>Butchers sausage<br/>Quorn sausage<br/>Jacket potato with tuna &amp; cucumber<br/>Baked beans or coleslaw<br/>Chips<br/>Ice cream</p>  |