

Fairhouse Primary School Lunch Menu
Autumn Term 2023



Week One - w/c 4/9, 25/9, 16/10, 13/11, 4/12

Monday	Tuesday	Wednesday	Thursday	Friday
Beef and Lentil Bolognese	Pork Sausage 'Toad in the Hole'	Roast Chicken with Gravy	Sweet & Sour Chicken Nuggets	Omega 3 Fish Fingers
Quorn and Lentil Bolognese	Quorn Sausage 'Toad in the Hole'	Vegetable & Lentil Puff Pastry Parcel	Sweet & Sour Quorn Nuggets	Veggie Fingers
Pasta, Garlic Bread, Sweetcorn	Mash, Steamed Cabbage	Roast Potatoes, Broccoli, Carrots	Stir Fried Veg, Steamed Rice	Chips, Beans, Peas
Jacket Potato with Cheese & Beans or Tuna Mayo	Jacket Potato with Cheese & Beans or Tuna Mayo	Jacket Potato with Cheese & Beans or Tuna Mayo	Jacket Potato with Cheese & Beans or Tuna Mayo	Jacket Potato with Cheese & Beans or Tuna Mayo
Ham Sandwich	Tuna Mayo Wrap	Egg Mayo Bap	Cheese Baguette	Ham Sandwich
Ice Cream Sponge Roll	Oaty Cookies	Chocolate Sponge Cake	Sticky Toffee Pudding	Fruity Friday

Week Two - 11/9, 2/10, 30/10, 20/11, 11/12

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Burger with BBQ Sauce	Meatballs in Tomato & Vegetable Sauce	Roast Turkey & Gravy	Mild Chicken & Coconut Curry	Pork Sausage & Chips
Quorn Burger with BBQ Sauce	Vegan Meatballs in Tomato & Vegetable Sauce	Cheese & Onion Pasty	Spinach, Sweet Potato & Chickpea Curry	Quorn Sausage & Chips
Baked Curly Fries, Sweetcorn	Steamed Rice, Peas, Sweetcorn	Roast Potatoes, Broccoli, Carrots	Steamed Rice, Naan Bread & Mixed Vegetables	Beans, Peas
Jacket Potato with Cheese & Beans or Tuna Mayo	Jacket Potato with Cheese & Beans or Tuna Mayo	Jacket Potato with Cheese & Beans or Tuna Mayo	Jacket Potato with Cheese & Beans or Tuna Mayo	Jacket Potato with Cheese & Beans or Tuna Mayo
Cheese Sandwich	Ham Baguette	Tuna Mayo Bap	Egg Mayo Sandwich	Cheese Wrap
Banana Sponge with Squirry Cream	Raspberry & Vanilla Marble Cake	Chocolate Orange Brownie	Butterscotch Mousse	Fruity Friday

Week Three - 18/9, 9/10, 6/11, 27/11, 18/12

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Ham Pizza	Chicken & Spinach Pasta Bake	Roast Gammon & Gravy	Savoury Mince Beef & Vegetable Pie	Omega 3 Fish Fingers
Cheese & Tomato Pizza	Tomato, Aubergine & Pepper Pasta Bake	Cauliflower and Broccoli Cheese Bake	Savoury Quorn & Vegetable Pie	Vegetarian Sausage Roll
Oven Baked Wedges, Peas, Sweetcorn	Garlic Bread, Broccoli	Roast Potatoes, Green Beans & Carrots	Mash & Medley of Vegetables	Chips, Beans, Peas
Jacket Potato with Cheese & Beans or Tuna Mayo	Jacket Potato with Cheese & Beans or Tuna Mayo	Jacket Potato with Cheese & Beans or Tuna Mayo	Jacket Potato with Cheese & Beans or Tuna Mayo	Jacket Potato with Cheese & Beans or Tuna Mayo
Tuna Mayo Bagel	Ham Bap	Egg Mayo Sandwich	Tuna Mayo Baguette	Cheese Wrap
Apple Crumble with Squirry Cream	Ice Cream Tub	Flapjack	Chocolate Chip Iced Sponge	Fruity Friday

also available daily - a selection of alternative desserts: seasonal fruits / yoghurts / jelly / bread & salad bar