

Mill Water School Menu – Autumn 2018

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Baked Potato with Chilli Con Carne or Tuna	Baked Boneless Salmon Fillet with Cheese Sauce	Roast	Beef Lasagne	Battered Fish & Chips Steamed White Fish Fillet with White Sauce and Chips
Vegetarian	Baked Potato with Chilli or Beans	Cheese & Onion Quiche	Cauliflower Cheese	Pesto Pasta	Quiche & Chips
Sides	Salad Bar	Roasted Veg, Sweet Potato, Parsnips, Carrots	Roast Potato, Mashed Potato, Parsnips, Carrots	Carrots & Broccoli	Mushy Peas & Carrots
Dessert	Fruit & Yogurt	Flapjack & Custard	Fruit & Yogurt	Cake & Custard	Fruit & Yogurt
Week starting: 3 rd Sept / 24 th Sept / 15 th Oct					

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken Korma	Fish Pie	Roast	Spaghetti Bolognese	Battered Fish & Chips Steamed White Fish Fillet with White Sauce and Chips
Vegetarian	Lentil & Vegetable Curry	Veggie Cottage Pie	Cauliflower Cheese	Vegetable Bolognese with Pasta	Quiche & Chips
Sides	Rice or Boiled Potatoes & Carrots	Cauliflower & Broccoli	Roast Potato, Mashed Potato, Parsnips, Carrots	Salad Bar	Mushy Peas & Carrots
Dessert	Fruit & Yogurt	Flapjack & Custard	Fruit & Yogurt	Cake & Custard	Fruit & Yogurt
Week starting: 10 th sept / 1 st Oct					

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chilli Con Carne	Sausages	Roast	Tuna & Tomato Pasta Bake	Battered Fish & Chips Steamed White Fish Fillet with White Sauce and Chips
Vegetarian	Veggie Chilli	Veggie Sausages	Cauliflower Cheese	Macaroni Cheese	Quiche & Chips
Sides	Rice or Chunk of Wholemeal Bread, Salad Bar	Mash Potato with Gravy, Carrots & Broccoli	Roast Potato, Mashed Potato, Parsnips, Carrots	Salad Bar	Mushy Peas & Carrots
Dessert	Fruit & Yogurt	Flapjack & Custard	Fruit & Yogurt	Cake & Custard	Fruit & Yogurt
Week starting: 17 th Sept / 8 th Oct					

Available Each Day: Jacket Potato with Cheese & Beans