

CASTLE SCHOOL MENU SEPTEMBER 2023

<u>Menu – Week One</u>					
	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Red option	Pork sausage roll with crispy wedges & peas	Chicken & vegetable pie with potatoes & veg	Roast turkey & yorkshire pudding, roast potatoes & veg	Pork meatballs in tomato sauce served with pasta	Cheese & tomato pizza slice with chips
Green Option	Cheesy penne pasta with peas	Cheese filled wrap served with salad	Pasta served with tuna & sweetcorn	Filled baked potato with cheese & beans	Fish cake, chips & peas
Dessert Choice	Steamed sponge with custard or Fruit or Yoghurt	Cookie or Fruit or Yoghurt	Frozen toffee yoghurt or Fruit or Yoghurt	Apple crumble & custard or Fruit or Yoghurt	Homemade cookie & glass of milk or Fruit or Yoghurt
Sandwich Option	Tuna, Ham or Cheese	Tuna, Ham or Cheese	Tuna, Ham or Cheese	Tuna, Ham or Cheese	Tuna, Ham or Cheese
Soft Option	Chicken curry with mash & veg	Chicken pie with mash & soft veg	Roast turkey & yorkshire pudding with mash & veg	Meatballs pasta in sauce	Breaded fish cake with mash & peas
Soft Option Dessert	Chopped pair in Steamed sponge with custard or fruit or yoghurt	Apple crumble & custard, or fruit or yoghurt	Tinned pears or fruit or yoghurt	Apple crumble & custard or fruit or yoghurt	Homemade cookie & glass of milk or fruit or yoghurt

<u>Menu – Week Two</u>					
	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Red option	Pork sausages with Yorkshire pudding, potatoes & peas	Mince and dumpling with potatoes & mixed veg	Roast turkey & yorkshire pudding, roast potatoes & veg	Chicken curry with rice and naan bread	Beef burger in a bun with chips
Green Option	Penne pasta with tomato sauce & garlic bread	Baked potato with cheese or tuna mayo & salad	Quorn sausage with yorkshire pudding, roast potatoes & veg	Tuna mayo wrap with sweetcorn	Breaded jumbo cod fish finger with chips & peas
Dessert Choice	Rice pudding & raspberry sauce or Fruit or Yoghurt	Choc Ice or Fruit or Yoghurt	Vanilla cheesecake slice or apple or yoghurt	Chocolate angel delight or apple or yoghurt	Ice Cream pot or Fruit or Yoghurt
Sandwich Option	Tuna, Ham or Cheese	Tuna, Ham or Cheese	Tuna, Ham or Cheese	Tuna, Ham or Cheese	Tuna, Ham or Cheese
Soft Option	Chicken casserole with mash & veg	Mince and Dumpling with mash & veg	Roast turkey & Yorkshire pudding with mash & veg	Chicken Curry	Fish finger with mash & beans
Soft Option Pudding	Rice Pudding or Fruit or Yoghurt	Tinned Pears or Fruit or Yoghurt	Cheesecake or Fruit or Yoghurt	Yoghurt or alternative or Fruit or Yoghurt	Tinned Peaches or Fruit or Yoghurt

<u>Menu – Week Three</u>					
	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Red option	Battered chicken breast steak with sweetcorn & wedges	Pasta Bolognese with Garlic bread & salad	Roast turkey & yorkshire pudding, roast potatoes & veg	Hot turkey roll with gravy & crispy wedges	Breaded fish cake with chips & peas
Green Option	Baked potato with cheese or tuna mayo & salad	Tuna mayo wrap with sweetcorn	Breaded Salmon strips with roast potatoes & veg	Filled baked potato with cheese or tuna mayo & side salad	Pasta in cheese sauce with garlic bread
Dessert Choice	Ice Cream pot or Fruit or Yoghurt	Slice of homemade iced cake or Fruit or Yoghurt	Ice Cream roll or Fruit or Yoghurt	Apple crumble & custard or fruit or yoghurt	Choc Bar or Fruit or Yoghurt
Sandwich Option	Tuna, Ham or Cheese	Tuna, Ham or Cheese	Tuna, Ham or Cheese	Tuna, Ham or Cheese	Tuna, Ham or Cheese
Soft Option	Corned beef hash & baked beans	Bolognese with mash	Roast turkey & yorkshire pudding with mash & veg	Cheesy mash with beans	Fish cake with mash & beans or peas
Soft Option Dessert	Ice Cream or Fruit or Yoghurt	Cake & Custard or Fruit or Yoghurt	Ice Cream Roll or Fruit or Yoghurt	Apple crumble & custard or Fruit or Yoghurt	Choc Bar or Fruit or Yoghurt