Seamer & Irton School Menu, Autumn 2021

	Week 1 W/c 6 & 27 Sept, 18 Oct, 15 Nov, 6 Dec	**Week 2** W/c 13 Sept, 4 Oct, 1 & 22 Nov, 13 Dec	**Week 3** W/c 20 Sept, 11 Oct, 8 & 29 Nov
Monday Cheese Sandwich	Beefburger In a Bun Veggie Sausage In a Bun Chips Peas & Carrots Date & Apple Bar & Custard	Chicken Quesadilla & Rice Veggie Pasta Sweetcorn & Green Beans Sliced Bread Sultana Sponge & Custard	Minced Beef & Dumpling Veg & Bean Tortilla Boats Jacket Potato Mixed Veg Poppy Seed Bread Chocolate Crispy
Tuesday Ham Sandwich	Quorn Cottage Pie Macaroni Cheese Green Beans & Sweetcorn Crusty Bread Cheese & Crackers	Pasta Bolognaise Cauli & Broccoli Cheese Mixed Greens & Carrots Garlic Bread Fruit Or Yoghurt	Quorn Dippers & Wedges Cheese & Tomato Pasta Green Beans & Sweetcorn Herby Bread Digestive Biscuit & Cheese
Wednesday Tuna Sandwich	Roast Chicken & Stuffing Vegetable Roast Roast Potatoes Veg Medley Fruit Muffin Bars	Sausage Vegetable Casserole Yorkshire Pudding Mashed Pots Broccoli & Swede Fruit Mousse	Roast Pork & Apple Sauce Falafel Burger Mashed Pots Broccoli & Carrots Bread Jam Roly Poly & Custard
Thursday Cheese Sandwich	Mexican Tortilla Boats Vegetable Curry Savoury Rice Broccoli & Carrots Pitta Bread Jelly & Mandarins	Cheese & Tomato Pizza Veggie Fajita Diced Potatoes Veg Sticks Grannies Crunch	Chicken Korma & Rice Cheese Leek & Potato Bake Green Beans & Cauliflower Naan Bread Fruit or Yoghurt
Friday Egg Sandwich	Fish Cake Cheese & Onion Quiche Jacket Potato Baked Beans Peas Homemade Wholemeal Bread Chocolate Cake	Fish Fingers Cheesy Pastry Chips Carrots & Peas Pumpkin Seed Bread Fruit Shortcake	Harry Ramsdens Battered Fish Roast Veg Parcel Chips Peas & Sweetcorn Sunflower Seed Bread Iced Swiss Bun

Pasta Bar Available Daily

Fruit Or Yoghurt Available Daily