

Coates Way School Autumn Menu 2022

Week		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 WK 05/09 26/09 17/10 14/11 05/12	Main	Sticky Chicken Noodles	Macaroni Beef Pastitsio	Roast Chicken with Roast Potatoes and Gravy	Pork Sausages and Mash Potato with Gravy	Breaded Fish and Chips
	Vegetarian	Veggie Sausage Toad in the Hole with New Potatoes & Gravy	Cheese and Tomato Pizza with Wedges	Vegetable Wellington with Roast Potatoes and Gravy	Lentil & Sweet Potato Curry with Rice	Mexican Roll & Chips
		Carrots and Peas	Broccoli and Sweetcorn	Carrots and Green Beans	Broccoli and Sweetcorn	Baked Beans and Peas
	Sandwiches	Cheese & Cucumber in Pitta	Jam Sandwich	Ham Baguette	Roast Chicken Wrap	Egg Mayo Roll
	Dessert	Apple Crumble & Custard Fresh Fruit Platter	Vanilla Shortbread Fresh Fruit Platter	Jelly Fresh Fruit Platter	Chocolate Drizzle Cake Fresh Fruit Platter	Ice-Cream, Fresh Fruit Platter
Week 2 WK 12/09 03/10 31/10 21/11 12/12	Main	Beef Burger with Potato Wedges	Pork Sausage Roll with New Potatoes	Roast Beef with Roast Potatoes and Gravy	Shepherd's Pie with Gravy	Fish Fingers and Chips
	Vegetarian	Vegetarian Lasagne	BBQ Quorn with Rice	Red Pepper Frittata with Roast Potatoes and Gravy	Chinese Vegetable Curry with Rice	Cheesy Swirl with Chips
		Carrots and Peas	Broccoli and Sweetcorn	Carrots and Swede	Sweetcorn and Broccoli	Baked Beans and Peas
	Sandwiches	Cheese Roll	Ham Baguette	Tuna & Mayo & Cucumber Pitta	Roast Beef Roll	Egg Mayo Sandwich
	Dessert	Flapjack, Fresh Fruit Platter	Carrot Cake & Custard Fresh Fruit Platter	Jelly Fresh Fruit Platter	Marbled Shortbread Fresh Fruit Platter	Ice-cream, Fresh Fruit Platter
Week 3 WK 19/09 10/10 07/11 28/11 19/12	Main	Cheese & Ham Pizza with Wedges	Chicken Curry with Rice	Roast Gammon with, Roast Potatoes and Gravy	Chicken Fajitas with Rice	Battered Fish & Chips
	Vegetarian	Vegetable Tacos with Rice	Macaroni Cheese	Quorn Fillet with Roast Potatoes & Gravy	Cheese & Tomato Quiche with New Potatoes	Veggie Burger with Chips
		Carrots and Peas	Sweetcorn and Broccoli	Carrots and Cabbage	Broccoli and Sweetcorn	Baked Beans and Peas
	Sandwiches	Ham and Cheese Wrap	Tuna & Mayo Sandwich	Cheese Roll	Roast Gammon Baguette	Egg Mayo Roll
	Dessert	Marbled Cake Fresh Fruit Platter	Chocolate Shortbread Fresh Fruit Platter	Jelly, Fresh Fruit Platter	Apple Cake with Custard Fresh Fruit Platter	Ice-Cream, Fresh Fruit Platter
Jacket Potato with a selection of fillings Baked Beans, Cheese or Tuna Mayo						