

## Bampton Church of England Primary School Lunch Menu - 2nd Half of Autumn Term 2022

	Week 1	Week 2	Week 3
<b>Monday</b>	v Homemade Cheese & Tomato Pizza with potato wedges, coleslaw and salad  Fruit smoothie or cheese, crackers and apple wedges	Pasta Bolognese, sweetcorn, garlic bread.  v Italian Ragout  Farmhouse fruit cake	Homemade Meatballs in a Creamy Tomato Sauce, pasta, broccoli and garlic bread.  v Vegetarian Quiche and salad  Muesli crunch and milkshake
<b>Tuesday</b>	Pasta Carbonara, sweetcorn, garlic bread.  v Homemade tomato soup with homemade bread roll  Fruit jelly	Sweet and Sour Chicken, rice, fine whole green beans  v Mushroom Rissotto  Flapjack and milk drink	Beef burger in a Bun, seasoned potato wedges, coleslaw, salad  v Homemade Bean Burger  Iced sponge
<b>Wednesday</b>	Honeyed Chicken in a roll, potato salad, coleslaw, pasta salad, green salad  v Vegetable Noodle Wrap  Fruit shortcake and milk drink	Sausages, creamed potatoes, wholewheat spaghetti hoops, broccoli  v Vegetarian Sausage  Jam tart and custard	Homemade Turkey Pie, creamed potatoes, broccoli, runner beans, gravy.  v Country Garden Crumble  Orange and Mango smoothie
<b>Thursday</b>	Roast beef, roast potatoes, carrots, fresh cabbage, gravy.  v Vegetarian Roast  Rhubarb crumble and custard	Roast Chicken, roast potatoes, carrots, swede, gravy.  v Cauliflower Cheese  Chocolate orange slice	Roast Pork and apple sauce, roast potatoes, carrots, cauliflower, gravy.  v Lentil loaf  Custard biscuit with fruit juice
<b>Friday</b>	Oven Baked salmon bites, golden fries, peas, tomato sauce.  v Homity pie  Fudge tart	Oven baked Battered Cod, fries, peas, tomato sauce.  v Tomato and Basil Tart  Melting moments and fruit juice	Oven baked Fish Fingers, fries, baked beans, peas.  v Cheese Wheel, fries and beans.  Peach slices and ice cream

**V - Suitable for vegetarians**

<b>Month</b>	Week 1	
	Week 2	
	Week 3	
	Non-school day	

<b>October</b>	M	31				
	Tu					
	W					
	Th					
	F					

<b>November</b>	M		7	14	21	28
	Tu	1	8	15	22	29
	W	2	9	16	23	30
	Th	3	10	17	24	
	F	4	11	18	25	

<b>December</b>	M		5	12	
	Tu		6	13	
	W		7	14	
	Th	1	8	15	
	F	2	9	16	

**School lunches cost £2.20 per day**

If you think that your child may be entitled to free school meals please speak to the school office

15th Christmas Dinner - Roast Turkey