

## Bampton Church of England Primary School Lunch Menu - Autumn 2024 - First Half Term

	Week 1	Week 2	Week 3	Week 4
<b>Monday</b>	✓ Freshly made macaroni cheese sweetcorn and garlic bread.  Sticky orange slice.	Homemade meatballs in a creamy tomato sauce, pasta spirals and broccoli.  ✓ Tomato pasta bake.  Shortcake and orange juice.	Pasta carbonara, garlic bread and mixed vegetables.  ✓ Noodle and mixed pepper wrap with salad.  Cornflake crunchie and milk.	Pasta bolognese, peas and garlic bread.  ✓ Italian Ragout.  Muesli crunch and fruit juice.
<b>Tuesday</b>	Butcher's best beef burger in a bun with salad bar.  ✓ Homemade bean burger.  Orange and mango smoothie or cheese crackers and fruit.	✓ Freshly made cheese and tomato pizza, potato wedges, coleslaw and green salad.  Fudge tart.	Homemade sausage roll, potato spirals, spaghetti hoops and sweetcorn.  ✓ Homemade soup of the day and bread roll.  Fruit jelly.	Sausages, mash and baked beans.  ✓ Vegetarian sausages, mash and baked beans or peas.  Iced mousse.
<b>Wednesday</b>	Roast gammon, roast potatoes fresh cabbage, carrots and gravy.  ✓ Vegetable crumble.  Strawberry biscuit bar and custard.	Roast beef, roast potatoes, carrots, runner beans and gravy.  ✓ Roasted vegetable tart.  Farmhouse fruit cake.	Roast chicken, roast potatoes carrots, fine green beans and gravy.  ✓ Leek and potato bake.  Apple and strawberry crumble with custard.	Roast pork, roast potatoes carrots, cabbage and gravy.  ✓ Vegetarian roast.  Creamy rice pudding and jam.
<b>Thursday</b>	Homemade mild chicken curry, rice, broccoli, naan and mango chutney.  ✓ Kubli Chana.  Coconut crunchies.	Homemade chicken and ham pie, creamed potatoes, farmhouse vegetables and gravy.  ✓ Vegetable bake.  Fruit salad and ice cream.	Cowboy mince, boiled potatoes, cauliflower and broccoli.  ✓ Quorn Cowboy mince.  Iced sponge.	Homemade sweet and sour chicken, rice and peas.  ✓ Homemade homity pie with salad.  Sticky toffee pudding.
<b>Friday</b>	Oven baked salmon fishcake, golden fries, peas and tomato sauce.  ✓ Omelette  Custard biscuit or fruit salad.	Oven baked battered fish, fries, sweetcorn and tomato sauce.  ✓ Stuffed peppers and fries with sweetcorn.  Cookie and milk.	Fish fingers, fries, carrot and cucumber sticks.  ✓ Cheese wheels and fries carrot and cucumber sticks.  Fruity flapjack wwith juice.	Breaded fish, chips, sweetcorn and tomato sauce.  ✓ Bagel with egg mayonaise salad and chips.  Melting moment and milk.

<b>Month</b>	Week 1
	Week 2
	Week 3
	Week 4

<b>September</b>	M					
	Tu		9	16	23	30
	W		10	17	24	
	Th	5	12	19	26	
	F	6	13	20	27	

<b>October</b>	M					
	Tu	1	8	15	22	
	W	2	9	16	23	
	Th	3	10	17	24	
	F	4	11	18	25	

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

✓ - Suitable for vegetarians