

Sutton CP School - Tri Weekly Menu - September 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
				Termly 'Treat Day' Thursdays: 5.10.23 Cheese burgers 18.1.24 Hot dogs in a bun 16.5.24 All day breakfast (vegetarian versions of all)	
Week 1 (W/C 4th Sep 2023 and then every 3 weeks from thereon)	Meal options: 1.) Beef lasagne with 'hidden veg' sauce and garlic bread 2.) Vegetable Lasagne with 'hidden veg' sauce and garlic bread 3.) Baked potato with choice of fillings and vegetable sides Dessert options: 1.) Angel Delight 2.) Cheese and Fruit	Meal options: 1.) Chicken and sweet potato curry with naan 2.) Quorn and sweet potato curry with Naan 3.) Soft bap filled with either cheese or tuna mayo and vegetable sides Dessert options: 1.) Peach cobbler & custard 2.) Yoghurt	Meal options: 1.) Margherita Pizza with veg sides 2.) Cheese and ham pizza with veg sides 3.) Baked potato with choice of fillings and vegetable sides Dessert options: 1.) Blueberry muffin 2.) Yoghurt	Meal options: 1.) Chicken and vegetable noodle stir fry 2.) Jumbo sausage roll with vegetable sides 3.) Vegan sausage roll with vegetable sides Dessert options: 1.) Banana muffin 2.) Yoghurt	Meal options: 1.) Battered fish, chips and peas 2.) Breaded vegetable fillets, chips and peas 3.) Panini filled with either chicken mayo or cheese and vegetable sides Dessert options: 1.) Oat biscuit 2.) Yoghurt
Week 2 (W/C 11th Sep 2023 and then every 3 weeks from thereon)	Meal options: 1.) Sausage, mash, vegetables and gravy 2.) Quorn sausage, mash, vegetables and gravy 3.) Baked potato with choice of fillings and vegetable sides Dessert options: 1.) Angel delight 2.) Cheese and fruit	Meal options: 1.) Homemade Fishcakes, with beans and vegetable sides 2.) Falafels in a wrap with vegetable sides 3.) Wrap filled with either tuna mayo or cheese and vegetable sides Dessert options: 1.) Lancashire cookies 2.) Yoghurt	Meal options: 1.) Beef Bolognese with whole wheat pasta and vegetable sides 2.) Quorn Bolognese with whole wheat pasta and vegetable sides 3.) Baked potato with choice of fillings and vegetable sides Dessert options: 1.) Blueberry muffin 2.) Yoghurt	Meal options: 1.) Quorn 'chicken' korma with brown rice 2.) Chicken Korma with brown rice 3.) Baguette filled with either hot beef in gravy or cheese with vegetable sides Dessert options: 1.) Cocoa brownie 2.) Yoghurt	Meal options: 1.) Chicken burger, wedges and vegetable sides 2.) Quorn 'chicken' burger, wedges and vegetable sides 3.) Baked potato with choice of fillings and vegetable sides Dessert options: 1.) Jelly with fruit 2.) Yoghurt
Week 3 (W/C 18th Sep 2023 and then every 3 weeks from thereon)	Meal options: 1.) Creamy chicken, broccoli and pasta bake 2.) Quorn 'chicken', vegetable and pasta bake 3.) Floured bap filled either with sliced ham or tuna mayo and veg sides Dessert options: 1.) Angel delight 2.) Cheese and fruit	Meal options: 1.) Roast beef with Yorkshire pudding, roast potatoes, vegetables and gravy 2.) Roast quorn fillets with yorkshire pudding, roast potatoes, vegetables and gravy 3.) Baked potato with choice of fillings and vegetable sides Dessert options: 1.) Flapjack 2.) Yoghurt	Meal options: 1.) Macaroni cheese with sweetcorn and garlic bread 2.) Jumbo sausage roll with vegetable sides 3.) Vegan sausage roll with vegetable sides Dessert options: 1.) Chocolate sponge with chocolate sauce 2.) Yoghurt	Meal options: 1.) Beef chilli with brown rice and veg sides 2.) Quorn chilli with brown rice and veg sides 3.) Panini filled with either egg mayo and streaky bacon or cheese and vegetable sides Dessert options: 1.) Raisin muffin 2.) Yoghurt	Meal options: 1.) Fish fingers, chips and beans 2.) Battered vegetables fingers, chips and beans 3.) Baked potato with choice of fillings and vegetable sides Dessert options: 1.) Rice pudding and fruit 2.) Yoghurt

Please keep an eye out for other special meals on the school website calendar and our regular newsletter.