



WENTWORTH SCHOOL AUTUMN MENU 2019



Week One:

4/9, 23/9, 14/10, 11/11, 2/12

Week Two:

9/9, 30/9, 21/10, 18/11 9/12

Week Three:

16/9, 7/10, 4/11, 25/11, 16/12

MEAT FREE
MONDAY

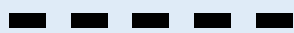
Tuesday

Wednesday

Thursday

Friday

Cheese & Tomato Pizza
Penne Pasta salad and sweet corn
Yoghurt dip with an oat and raisin Bite



All Day Breakfast

Sausages, Bacon, Egg, Potato

Hash Brown & Baked Beans

Or Veggie Breakfast (V)

Summer Fruit Platter



Buffet Day

Wholemeal Roll with sliced Ham, Cheese ,
Tuna or Egg, Mini Sausage Rolls
Potato Salad, Pasta salad & Coleslaw

Peaches & Ice Cream

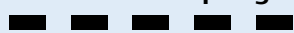


Chicken Biryani, Cucumber Raita

Quorn Biryani(V)

Naan Bread, Green Beans

Jam & Coconut Sponge & Custard



Harry Ramsdens Fish Fillet

Or Quorn Dippers(V)

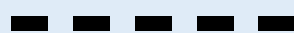
Chips & Peas

Chocolate Berry Cookie

Cheddar & Mozzarella Tomato Pasta Bake

Corn Cobett, Broccoli

Coconut & Cranberry Cookies with Apple

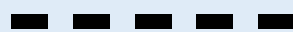


Omega 3 rich Fish Fingers

Veggie Nuggets (V)

Crispy Chips & Peas

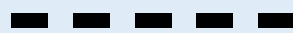
Apple Crumble & Custard



Buffet Day

Wholemeal Roll with sliced Ham, Cheese ,
Tuna or Egg, Mini Sausage Rolls
Potato Salad, Pasta salad & Coleslaw

Organic Fruit Ice Lolly

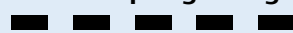


Sweet & Sour Chicken

Sweet & Sour Quorn (V)

White & Wholemeal Rice, Broccoli & Carrots

Chocolate Sponge Finger



Minced Beef Bolognese Pasta Bake

Quorn Bolognese Pasta Bake (V)

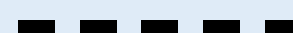
Garlic Bread & Sweetcorn

Fresh Fruit Salad with Ice Cream

Southern Fried Quorn Burger

Crispy Cubes & Sweetcorn

Lemon Shortbread Square

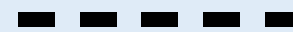


Salmon Fish Fingers

Or Macaroni Cheese (V)

Mashed Potato & Peas,

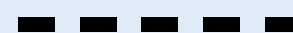
Organic Fruit Ice Lolly



Buffet Day

Wholemeal Roll with sliced Ham, Cheese ,
Tuna or Egg, Mini Sausage Rolls
Potato Salad, Pasta salad & Coleslaw

Melon & Strawberry Pots

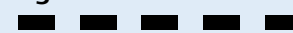


Chicken Fajitas

Quorn Fajitas (V)

White & Wholemeal Rice, Broccoli

Apple Wedge with a Toffee Crispy Bite



Butchers Pork Sausages

Or Veggie Sausages (V)

Tiger Wedges, Peas or Baked Beans

Fruit Flapjack

NEW OPTION AVAILABLE DAILY: Jacket Potato with a choice of Baked Beans, Cheese or Tuna

