

East Ruston Area Infant School Spring term menu 2019

		Week 1 3 <sup>rd</sup> & 21 <sup>st</sup> January 11 <sup>th</sup> February 11 <sup>th</sup> March & 1 <sup>st</sup> April	Week 2 7 <sup>th</sup> & 28 <sup>th</sup> January 25 <sup>th</sup> February 18 <sup>th</sup> March	Week 3 14 <sup>th</sup> January 4 <sup>th</sup> February 4 <sup>th</sup> & 25 <sup>th</sup> March
MONDAY	Main course	Homemade cheese & ham pizza	Very Mild Chilli Con Carne	Bacon bolognaise
	Vegetarian option	Homemade cheese & tomato Pizza	Vegetarian Chilli Carne	Quorn bolognaise
	Vegetables	Diced garlic Potatoes & Salad	Vegetable rice	Seasonal vegetables
	Jacket Potato	Cheese and Salad	Cheese and Salad	Cheese and Salad
	Sandwich	Ham, cheese straw, carrot sticks	Ham, cheese straw, carrot sticks	Ham, cheese straw, carrot sticks
	Dessert	Jam Roly Poly & custard	Syrup sponge & custard	Fruit jelly & fruit salad
TUESDAY	Main course	Creamy tomato & Chicken pasta bake	Homemade sausage roll	Sausage Plait
	Vegetarian option	Mac 'n' Cheese	Homemade cheese & onion roll	Cheese & Onion plait
	Vegetables	Seasonal Vegetables	Potato slices & beans	Creamy Mash & Vegetables
	Jacket Potato	Tuna and Salad (with or without mayo)	Tuna and Salad (with or without mayo)	Tuna and Salad (with or without mayo)
	Sandwich	Cheese, cheese straw, carrot sticks	Cheese, cheese straw, carrot sticks	Cheese, cheese straw, carrot sticks
	Dessert	Chocolate chip muffin	Fairy Cakes & fruit	Iced cupcake
WEDNESDAY	Main course	Sausages	Cottage pie	Ham melt pizza baguette
	Vegetarian option	Quorn sausages	Cheese & Onion pie	Veggie melt Pizza Baguette
	Vegetables	Hash browns, peas & ketchup	Seasonal vegetables	Salad & Wedges
	Jacket Potato	Beans and Salad	Beans and Salad	Beans and Salad
	Sandwich	Egg, cheese straw, carrot sticks	Egg, cheese straw, carrot sticks	Egg, cheese straw, carrot sticks
	Dessert	Shortbread biscuit & milkshake	Flapjack & milkshake	Banana Loaf
THURSDAY	Main course	Roast Ham	Roast Turkey	Roast Beef
	Vegetarian option	Roasted vegetables	Roasted vegetables	Roasted vegetables
	Vegetables	Roast potato seasonal veg & gravy	Roast potato seasonal veg & gravy	Roast potato seasonal veg & gravy
	Jacket Potato	Cheese, Beans and salad	Cheese, Beans and salad	Cheese, Beans and salad
	Sandwich	Tuna (mayo/no mayo), cheese straw, carrot sticks	Tuna (mayo/no mayo), cheese straw, carrot sticks	Tuna (mayo/no mayo), cheese straw, carrot sticks
	Dessert	Apple crumble & custard	Caramel Tart	Cornflake Tart & custard
FRIDAY	Main course	Fish fingers	Fish cakes	Breaded fish or Baked Salmon
	Vegetarian option	Veggie fingers	Veggie burger	Vegetable bites
	Vegetables	Chips & baked beans	Chips & beans	Chips & beans
	Jacket Potato	Cheese and Salad	Cheese and Salad	Cheese and Salad
	Sandwich	Ham, cheese straw, carrot sticks	Ham, cheese straw, carrot sticks	Ham, cheese straw, carrot sticks
	Dessert	Fruit jelly & ice-cream	Chocolate Cookie	Gingerbread & fruit
<i>Yogurt or Fruit can be ordered as an alternative pudding</i>				