

SCHOOL **MENU!**

Welcome to Archbishop Benson's spring-summer menu for 2017. Our team in the kitchen- George, Korrine, Sally & Cheryl - hope you will enjoy eating with us as much as we enjoy preparing and serving your food. Please see one of us for dietary requirement advice.

WE HAVE FRESH FRUIT, MILK, SALAD & HOMEMADE BREAD AVAILABLE EVERY DAY

WEEK 1	4/9/17	25/9/17	16/10/17	13/11/17	4/12/17	8/1/18	29/1/18
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
Leek & Potato Soup (v)	Tomato Soup (v)	Spiced Lentil Soup (v)	Chicken Soup	Minestrone Soup (v)			
Cornish Beef Lasagne	Creamy Chicken Pie	Roast Topside of Beef w/ Yorkshire Pudding	Vegetable Curry w/Homemade Vegetable Samosa & Basmati Rice	Battered Cod			
Winter Vegetable Lasagne	Vegetable Crumble	Cheesy Puff Pastry Vegetable Wheels	Crispy Baked Potato w/Beans & Cheese	Poached Free Range Egg			
Mixed Cornish Leaf Salad & Focaccia	Mashed Potato & Seasonal Vegetables	Roast Potatoes Seasonal Veg		Chips & Peas			

Treacle Sponge w/ Custard	Raspberry Ripple Cheesecake	Hot Chocolate Pudding w/ Whipped Cream	Banana Loaf w/ Live Cornish Natural Yogurt	FlapJack			

WEEK 2	11/9/17	2/10/17	30/10/17	20/11/17	11/12/17	15/1/18	5/2/18
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
Cream of Vegetable Soup (v)	Tomato & Lentil Soup (v)	Carrot & Coriander Soup (v)	Sweet Potato Soup (v)	Tomato & Roasted Red Pepper Soup (v)			
Pasta with Bacon & Tomato Sauce	Cornish Beef Stew with Dumplings	Roast Free Range Chicken with Gravy	Homemade Fish Pie with Mixed Vegetables	Homemade Sausage Rolls			
Vegetarian Carbonara Pasta	Vegetable Stew with Dumplings	Vegetable Gratin	Crispy Baked Potato with a choice of fillings	Vegetarian Sausage Rolls			
Peas & Sweetcorn	Mashed Potato & Seasonal Vegetables	Roast Potatoes Seasonal Veg		Chips & Baked Beans			
Key Lime Pie	Organic Cornish Yogurt w/ Granola & Honey	Apple & Blackberry Crumble w/ Custard	Sticky Toffee Pudding	Chocolate Brownie			

WEEK 3 18/9/17 9/10/17 6/11/17 27/11/17 18/12/17 22/1/18					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Creamy Broccoli Soup (v)	Parship & Apple Soup (v)	Thai Sweet Potato Soup (v)	Tomato & Basil Soup (v)	Chicken & Vegetable Soup	
Macaroni Cheese	Slow Cooked Steak Pie	Roast Pork with Crackling	Lamb Rogan Josh with Basmati Rice Peas & Sweetcorn	Homemade Pizzas - Salami or Tomato & Mozzarella	
Homemade Garlic Bread Cured Meats & Salad	Creamy Vegetable Pie	Cauliflower Cheese Gratin	Crispy Baked Potato with a choice of fillings	Chips & Baked Beans	
	Mashed Potato & Garden Peas	Roast Potato & Seasonal Vegetables			
Apple Pie w/ Natural Yogurt	Vanilla Ice Cream w/ Fruit Salad	Rice Pudding w/ Jam	Peach Sponge w/ Custard	Homemade Shortbread	