

Welcome to Archbishop Benson's Autumn/Winter menu for 2020-21. Our team in the kitchen – George, Korrine, Sally & Karen – hope you will enjoy eating with us as much as we enjoy preparing and serving your food.

All our produce comes from local suppliers and we take real pride in treating this wonderful food with the respect it deserves.

Any parent who would like to speak to us about dietary requirements or have any questions regarding the menu please see George in the kitchen. His drop in office hour is every Friday from 8:45 - 9:15am.

If you are especially hungry, any child who returns to the kitchen having finished all of their food will be offered either: seconds, bread and cheese or fresh fruit.

WEEK 1 Week Commencing: 7/9/20 28/9/20 19/10/20 16/11/20 7/12/20 11/1/21 1/2/21				
Monday	Tuesday	Wednesday	Thursday	Friday
Cream of Tomato Soup (v)	Chicken & Vegetable Soup	Winter Vegetable Soup (v)	Tomato Soup (v)	Leek & Potato Soup (v)
Shepherd's Pie	Roast Vegetable & Cheese Pasta Bake	Roast Pork with Crackling & Gravy	Jacket Potatoes, With Beans & Cheese	Homemade Pizzas – Salami or Tomato & Mozzarella
Quorn Mince Pie		Cheese & Onion Quiche	Mexican Vegetable, Bean & Cheese Burrito with Salad	
Mashed Potato & Seasonal Vegetables	Cured Meats Mixed Salads & Focaccia	Roast Potatoes & Seasonal Vegetables		Chips, Peas & Sweetcorn
Carrot Cake	Peach Melba	Homemade Ginger Biscuit	Chocolate Sponge With Chocolate Custard	Banana Bread
Available Daily: Soup of the Day Freshly baked bread Fresh Fruit Salad Trewithen Dairy Milk Fruit Juices				

WEEK 2 Week Commencing: 14/9/20 5/10/20 2/11/20 23/11/20 14/12/20 18/1/21 8/2/21				
Monday	Tuesday	Wednesday	Thursday	Friday
Minestrone Soup (v)	Tomato Soup (v)	Carrot & Cumin Soup(v)	Tomato & Roasted Red Pepper Soup (v)	Thai Red Ramen Noodles
Shortcrust Steak Pie	Carbonara Pasta Bake	Lemon & Herb Roast Turkey With Gravy	Vegetable & Chickpea Curry	Crispy Chicken Fillet Goujons
Cornish Cheddar & Veg Pie	Vegetable Carbonara Pasta Bake	Frittata with Roast Tomato Sauce	Baked Potato with Cheese & Beans	Breaded Vegetarian Bake
Mashed Potato, Garden Peas	Mixed Salads, & Focaccia	Roast Potatoes & Vegetables	Steamed Rice Peas & Sweetcorn	Chips & Peas
Ice Cream with Mixed Autumn Berries	Orange & Vanilla Shortbread	Homemade Flapjack	Treacle Sponge with Custard	Blueberry Muffin
WEEK 3 Week Commencing: 21/9/21 12/10/20 9/11/20 30/11/20 4/1/21 25/1/21				
Tomato & Lentil Soup (v)	Roast Butternut Squash Soup (v)	Carrot & Coriander Soup (v)	Chicken Soup	Cream of Mushroom Soup (v)
Ethrington's Sausage	Spaghetti Bolognese	Honey Roast Ham with Gravy	Moroccan Vegetable Tagine	Battered Cod
Vegetarian Sausages	Quorn Bolognese	Winter Vegetable Tart-Tatin	Baked Potato with Cheese & Beans	Poached Free Range Eggs
Mashed Potato Seasonal Vegetables & Gravy	Mixed Salads, Cheese & Focaccia	Roast Potato with Carrots & Broccoli	Steamed Rice, Peas & Sweetcorn	Chips & garden Peas
Sticky Toffee Pudding with Custard	Fruit Yogurt	Homemade Shortbread	Winter Berry Pavlova	Chocolate Crispies

