

# **SCHOOL** **menu!**

Welcome to Archbishop Benson's Autumn-Winter menu 2017/18. 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	20/2/17	13/3/17	17/4/17	8/5/17	5/6/17	26/6/17	17/7/17
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
Tomato Soup w/optional Pesto (v)	Thai Lentil Soup (v)	Cream of Broccoli Soup (v)	Leek & Potato Soup(v)	Pea & Mint Soup (v)			
Shepherds Pie	Carbonara Pasta Bake	Roast Pork with Apple Sauce	Slow Cooked Beef Chilli w/steamed Rice	Battered Cod			
Vegetarian Shepherds Pie	Macaroni Cheese	Cheddar & Leek Tart	Baked Potato w/choice of Fillings	Poached Free Range Egg			
Seasonal Vegetables	Homemade Garlic Bread & Rainbow Salad	Roast Potato & Seasonal Vegetables	Sweetcorn & Peas	Chips & Beans			
Steamed Honey & Orange Sponge w/ Yoghurt	Ice Cream with Mixed Berries	Mixed Fruit Jelly w/Whipped Cornish Cream	Apple & Rhubarb Crumble w/ Custard	Lemon Drizzle Cake			

WEEK 2	27/2/17	20/3/17	24/4/17	15/5/17	12/6/17	3/7/17	24/7/17
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
Smoked Haddock Chowder	Carrot & Coriander Soup (v)	Tomato & Basil Soup (v)	Cream of Vegetable Soup (v)	Sweet Potato Soup (v)			
Ethringtons Hand Crimped Steak Pasty	Cornish Beef Lasagne	Roast Free Range Chicken w/Sage & Onion Stuffing	Salmon Fillet Goujons Potato Wedges & Tom Sauce	Homemade Pizzas - Salami or Tomato & Mozzarella			
Cheese & Onion Pasty	Spring Vegetable Lasagne	Vegetable Crumble	Baked Potato w/Choice of Fillings	Chips & Beans			
Seasonal Veg	Mixed Leaf Salad	Roast Potatoes & Seasonal Vegetables					
Homemade Scones w/Jam & Clotted Cream	Carrot Cake	Sticky Toffee Pudding w/ Custard	Blueberry Cheesecake	Chocolate Brownie			

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WEEK 3	6/3/17	27/3/17	1/5/17	22/5/17	19/6/17	10/7/17
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Smokey Tomato & Lentil Soup(v)	Creamy Carrot Soup (v)	Tomato & Roasted Red Pepper Soup (v)	Minestrone Soup(v)	Vegetable Noodle Soup(v)		
Cornish Sausage & Mash w/Gravy	Spaghetti Bolognese	Roast Topside of Beef w/ Yorkshire Pudding	Mild Thai Chicken Curry w/Rice, Peas & Sweetcorn	Cornish Hot-Dogs		
Homity Pie	Homemade Pesto Pasta	Vegetable Filo Pie		Vegetarian Hot-Dogs		
Seasonal Vegetables	Homemade Focaccia & Salad	Roast Potatoes Seasonal Veg	Baked Potato w/Choice of Fillings	Chips, Beans & Fried Onions		
Organic Cornish Yogurt w/Honey & Granola	Vanilla Ice Cream w/Fruit Salad	Apple Upside-down Cake w/Custard	Superfruit Smoothie	Homemade Honey Roast Cereal Bar		

