



# Coombe Wood School Menu Week 1

Autumn Menu commencing September 2018

| Monday                                  | Tuesday  | Wednesday   | Thursday                          | Friday                                 |
|---|--|---|-----------------------------------|--|
| Savoury Mince and Onions                | British Farm Assured Chicken & Vegetable Pie               | British Farm Assured Roast Gammon                     | Pasta Bolognese                   | MSC Fish Fingers & Tartare Sauce       |
| Mac & Cheese                            | Vegetable Nuggets  | Vegetable Chow Mein                                   | Veggie Pasta Mince Bolognese      | Veggie Sausages                        |
| Jacket Potato with Beans or Tuna        | Jacket Potato with Cheese or Tuna                          | Jacket Potato with Beans or Tuna                      | Jacket Potato with Tuna or Cheese | Jacket Potato with Beans or Cheese     |
| Croquette Potatoes<br>Sweetcorn or Peas | Mashed Potatoes<br>Peas, Orange<br>Glazed Baton<br>Carrots | Roast Potatoes<br>Cauliflower<br>Whole Green<br>Beans | Sweetcorn & Mixed Vegetables      | Mashed Potatoes<br>Peas<br>Baked Beans |
| <b>Salad Bar Available Everyday</b>     |  |   |                                   |  |
| Peach & Pear Fruit Pot                  | Apple Sponge & Custard                                     | Pineapple Fruit Pots                                  | Fruit Sponge & Custard            | Raspberry Ripple Mousse                |

We use locally sourced ingredients when available and in season.  
All our menus are nutritionally analysed to ensure they meet and in most cases exceed The School Food Standards.



# Coombe Wood School Menu Week 2

## Autumn Menu commencing September 2018

| Monday   | Tuesday                                      | Wednesday                                  | Thursday                           | Friday                             |
|--|--|--|------------------------------------|------------------------------------|
| Braised Chicken Sausage & Onion Gravy          | Gammon Ham Pasta Bake                        | British Farm Assured Roast Chicken         | Chicken Meatball in a Tomato Sauce | MSC Fish Goujons & Tartare Sauce   |
| Vegetarian Mince Lasagne                       | Macaroni Cheese                              | Sweet Chili Vegetable Noodles              | Vegetable Quiche                   | Vegetable Spring Roll              |
| Jacket Potato with Cheese or Tuna              | Jacket Potato with Tuna or Beans             | Jacket Potato with Cheese or Beans         | Jacket Potato with Cheese or Tuna  | Jacket Potato with Beans or Tuna   |
| Mashed Potatoes<br>Sweetcorn<br>Sliced Carrots | Croquette Potatoes<br>Peas<br>Baked Tomatoes | Roast Potatoes<br>Green Cabbage<br>Carrots | Rice<br>Peas<br>Sweetcorn          | Mashed Potatoes<br>Baked Beans     |
| <b>Salad Bar Available Everyday</b>            |  |  |                                    |                                    |
| Milk Rice Pudding                              | Raspberry Muffins & Custard                  | Peach & Pear Fruit Pots                    | Fruit Crumble & Custard            | Vegetarian Strawberry Mousse Swirl |

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# Coombe Wood School Menu Week 3

## Autumn Menu commencing September 2018

| Monday  | Tuesday                                 | Wednesday                                  | Thursday                               | Friday                                |
|---|---|--|--|---------------------------------------|
| Mild Beef Chilli<br>Con Carne with<br>Rice      | Savoury Mince &<br>Onions               | British Farm<br>Assured<br>Roast Beef      | British Farm<br>Assured<br>Beef Burger | MSC Breaded Fish<br>Fillet            |
| Sweet Potato and<br>Spinnach Curry<br>with Rice | Cheese/Cheese<br>and Tomato<br>Omelette | Vegetarian Frittata                        | Vegetable Burger                       | Vegetarian<br>Sausages                |
| Jacket Potato with<br>Cheese or Beans           | Jacket Potato with<br>Cheese or Tuna    | Jacket Potato<br>with Beans or<br>Tuna     | Jacket Potato with<br>Tuna or Cheese   | Jacket Potato with<br>Beans or Cheese |
| Rice<br>Sweetcorn                               | Potato Wedges<br>Baked Beans<br>Peas    | Roast Potatoes<br>Broccoli<br>Baby Carrots | New Potatoes<br>Peas<br>Sweetcorn      | Mashed Potatoes<br>Baked Beans        |
| <b>Salad Bar Available Everyday</b>             |   |  |  |                                       |
| Pineapple Fruit<br>Pot                          | Blueberry Muffins<br>& Custard          | Raspberry Mousse<br>Slice                  | Squeezable<br>Fruit Jelly              | Vanilla Ice-cream<br>Pot              |

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