

**CONISTON C E PRIMARY SCHOOL**  
**SCHOOL MEAL MENU – September 2020**

**WEEK 1**

DAY	MAIN COURSE	ALTERNATIVE	DESSERTS
Monday	Meatballs with Pasta and Peas	Filled Jacket Potato Or Sandwiches	Shortbread Biscuit & Milk Shake Fruit or Yoghurt
Tuesday	Mini Cheese Pie with Mashed Potato and Beans	Filled Jacket Potato Or Sandwiches	Raspberry Bun Fruit or Yoghurt
Wednesday	Roast Chicken Dinner with Roast Potatoes & Carrots	Filled Jacket Potato Or Sandwiches	Ginger Sponge with Custard Fruit or Yoghurt
Thursday	Wholegrain Pizza with Salad, Coleslaw & Beans	Filled Jacket Potato Or Sandwiches	Ice Cream Roll with Tinned Peaches Fruit or Yoghurt
Friday	Fish Fingers With Smileys and Sweetcorn	Filled Jacket Potato Or Sandwiches	Fruit Muffins Fresh Fruit or Yoghurt

**WEEK 2**

DAY	MAIN COURSE	ALTERNATIVE	DESSERTS
Monday	Wholegrain Pizza with Potato Waffles and Sweetcorn	Filled Jacket Potato Or Sandwiches	Flapjack Fresh Fruit or Yoghurt
Tuesday	Sweet & Sour Chicken with Whole Grain Rice & Carrots	Filled Jacket Potato Or Sandwiches	Ginger Biscuits Fresh Fruit or Yoghurt
Wednesday	Cottage Pie with Broccoli & Gravy	Filled Jacket Potato Or Sandwiches	Rice Pudding with Tinned Fruit Fresh Fruit or Yoghurt
Thursday	Home Made Sausage Roll with Mashed Potatoes, Beans & Gravy	Filled Jacket Potato Or Sandwiches	Chocolate Crunch Fresh Fruit or Yoghurt
Friday	Fish, Chips & Peas	Filled Jacket Potato Or Sandwiches	Jelly & Ice Cream with Tinned Fruit Fresh Fruit or Yoghurt

**WEEK 3**

DAY	MAIN COURSE	ALTERNATIVE	DESSERTS
Monday	Chicken Grills with Mashed Potatoes & Mixed Veg	Filled Jacket Potato Or Sandwiches	Golden Crispy Cake Fresh Fruit or Yoghurt
Tuesday	Cheesy Pasta with Crusty Bread & Sweetcorn	Filled Jacket Potato Or Sandwiches	Carrot Cake Fresh Fruit or Yoghurt
Wednesday	Sausages with Mashed Potato & Gravy	Filled Jacket Potato Or Sandwiches	Rice Pudding with Jam Fresh Fruit or Yoghurt
Thursday	Pasta Bolognese with Cauliflower	Filled Jacket Potato Or Sandwiches	Syrup Sponge with Custard Fresh Fruit or Yoghurt
Friday	Fishcakes (Salmon) With Chips, Salad & Coleslaw	Filled Jacket Potato Or Sandwiches	Jelly Whip with Tinned Fruit Fresh Fruit or Yoghurt