



Thomas Fairchild Community School

Autumn Lunch Menu 2020



Thomas Fairchild Community School Lunch Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Meat free Monday Chinese noodles with vegetables	Chicken sausages in puff pastry with gravy	Roast turkey with sage & onion stuffing	Lamb hot pot	Battered fish with lemon wedges & tartar sc
Vegetarian Main dish	Vegetable noodles	Veggie sausage in puff pastry with gravy	Vegetable loaf	Quorn & veg hot pot	Bean & vegetable burger
Side dish	Homemade bread	Mash potatoes bread	Roast potatoes bread	Wholegrain bread	Chips bread
Vegetable	Peas & sweetcorn	Green beans & baby carrots	Fresh seasonal veg	Cauliflower & broccoli	peas
Salad	Grated carrot	Noodle salad	Noodle salad	coleslaw	coleslaw
Dessert	Apple & apricot crumble with custard	Carrot cake	Chocolate & orange muffins	Meringue with chocolate drizzle	Healthy frozen yogurt tubs
Fruit	Fruit selection or yoghurt	Fruit selection or yoghurt	Fruit selection or yoghurt	Fruit selection or yoghurt	Fruit selection or yoghurt
Drink	Water / Milk	Water / Milk	Water / Milk	Water / Milk	Water / Milk

Thomas Fairchild Community School Lunch Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Tuna & tomato bake	Thai red chicken curry (mild)	Lemon Cajun chicken drumsticks	Beef burger or chicken burger	Battered fish with lemon wedges & tartar sc
Vegetarian Main dish	Vegetable bolognaise	Vegetable and Quorn Thai curry (mild)	Vegetable enchiladas	Vegetarian burger	Haloumi cheese basil and cherry tomato on a toasted bun
Side dish	Garlic bread	50/50 rice bread	Roast new potatoes cornbread	Potato wedges	Chips bread
Vegetable	Peas sweetcorn	Baby carrots and green beans	Spring greens	Peas & carrots	Baked beans
Salad	Grated carrot	coleslaw	coleslaw	Potato salad	Potato salad
Dessert	Apple cake with dust icing	Fresh Strawberry mousse with granola	Chocolate cake chocolate sc	Shortbread biscuits	Vanilla ice cream with wafer
Fruit	Fruit selection or yoghurt	Fruit selection or yoghurt	Fruit selection or yoghurt	Fruit selection or yoghurt	Fruit selection or yoghurt
Drink	Water / Milk	Water / Milk	Water / Milk	Water / Milk	Water / Milk

Thomas Fairchild Community School Lunch Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	<u>Indian day</u> Tandoori chicken thigh	Lamb casserole	Southern fried spicy chicken	Beef meatballs with onion gravy	Jacket potato day with tuna
Vegetarian Main dish	Crispy vegetable samosas	Quorn and veg in tangy tomato sc	Jalapeno and cheese bites	Vegetable and fresh herb meatfree balls	Jacket potato with cheese
Side dish	50/50 rice bread	Steamed new potatoes	Parmentier potatoes with chilli flakes bread	Mashed potatoes bread	Coleslaw bread
Vegetable	Homemade onion bhaji	Mixed vegetables	Carrot & parsnip	Peas & sweetcorn	Baked beans
Salad	Carrot & raisins	Rice salad	coleslaw	coleslaw	Noodle salad
Dessert	Chocolate bread & butter pudding with custard	Strawberry ice cream with wafer	Cheesecake pots with summer fruits	Rice krispie cake	Cheese grapes & crackers
Fruit	Fruit selection or yoghurt	Fruit selection or yoghurt	Fruit selection or yoghurt	Fruit selection or yoghurt	Fruit selection or yoghurt
Drink	Water / Milk	Water / Milk	Water / Milk	Water / Milk	Water / Milk