



## CASTLE CARROCK SCHOOL MENU – 3 WEEK ROTATION AUTUMN 2020

**Our dinner pledge: locally sourced produce where possible and freshly cooked right here on the premises**

**Vegitarian options are available daily if required. Speak to the office to order**

Please ask about allergies if you have any concerns.

If you have any suggestions or comments please speak to Ms Stacey.

WEEK 1	WEEK 2	WEEK 3
<b>Monday FISH DAY</b>	<b>Monday FISH DAY</b>	<b>Monday FISH DAY</b>
<b>Fish</b> Breaded white fish fillet served with chips, peas and sweetcorn  <b>Raspberry Buns</b> Crispy buns with a jam centre	<b>Cod Fish Cakes</b> Cod fish cakes served with potato wedges and a fresh side salad or beans.  <b>Chocolate Crunch</b> Homemade wholemeal chocolate crunch	<b>Fish Fingers</b> Crispy fish fingers served with chips and peas  <b>Homemade Oat Biscuit</b>
<b>Tuesday ITALIAN DAY</b>	<b>Tuesday ITALIAN DAY</b>	<b>Tuesday ITALIAN DAY</b>
<b>Tomato or Cheese Pasta Bake</b> Pasta shells in a homemade tomato, onion & herb sauce or cheddar cheese sauce. Served with garlic bread. <span style="color: green; font-size: 2em; vertical-align: middle;">V</span>  <b>Bananas and Chocolate Custard</b> Bananas in natural juice served with homemade chocolate sauce	<b>Pasta Bolognese</b> Beef mince cooked with a tasty tomato sauce served with garlic bread and side salad <span style="color: green; font-size: 2em; vertical-align: middle;">V</span> <b>(Vegetarian option available)</b> <b>Fruit Sponge and Custard</b> Seasonal homemade fruit sponge topped with a tasty custard	<b>Pizza Baguette</b> Baguette with a cheese and tomato pizza topping and a choice of ham or pepperoni. Served with coleslaw and side salad. <span style="color: green; font-size: 2em; vertical-align: middle;">V</span>  <b>Fruit Crumble &amp; Ice cream</b> Stewed fruit topped with a delicious crumble served with ice cream
<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday INTERNATIONAL DAY</b>
<b>Sausage</b> Oven baked farmhouse sausage with sauté potatoes and peas <b>(Vegetarian sausage available)</b> <span style="color: green; font-size: 2em; vertical-align: middle;">V</span>  <b>Rice Pudding</b> Creamy rice pudding	<b>Jacket Potatoes</b> Jacket potato served with a choice of toppings – spaghetti hoops, tuna and cheese <span style="color: green; font-size: 2em; vertical-align: middle;">V</span>  <b>Krispie Fruity Slice</b> Homemade slice made from Rice Krispies & finely chopped dried fruit	<b>Chicken Korma and Rice</b> Diced chicken cooked in a mild creamy curry sauce served with rice, & either poppadum or naan bread  <b>Homemade chocolate chip and raisin cookies</b>
<b>Thursday</b>	<b>Thursday</b>	<b>Thursday ROAST DINNER DAY</b>
<b>Mince with potatoes</b> Locally sourced mince and gravy served with new potatoes and vegetables  <b>Fruity Pudding</b> Fruit and jelly served with natural yoghurt	<b>Beef Cobbler</b> Homemade beef cobbler with dumplings, served with mashed potato and vegetables  <b>Fresh Fruit Salad and Ice Cream</b> Seasonal fruit	<b>Traditional Roast Dinner</b> Roast meat – either Ham, Pork or Beef, served with roast potatoes, fresh seasonal vegetables, Yorkshire pudding, apple sauce & gravy <b>Fruity Pudding</b> Fruit and jelly served with natural yoghurt
<b>Friday</b>	<b>Friday</b>	<b>Friday</b>
<b>Vegetable Soup</b> Homemade vegetable soup with a choice of filled roll – fillings of ham, cheese or tuna <span style="color: green; font-size: 2em; vertical-align: middle;">V</span>  <b>Flapjacks</b> Delicious sticky, chewy flapjacks	<b>Burgers with cheese</b> Beef Burger served in a soft roll with cheese, coleslaw and side salad. <b>(Vegetarian burger available)</b> <span style="color: green; font-size: 2em; vertical-align: middle;">V</span>  <b>Lemon Drizzle Cake</b> Homemade light sponge topped with lemon icing	<b>Wraps – a choice of chicken, salad or cheese wraps!</b> Or a combination of all three – served with side salad. <span style="color: green; font-size: 2em; vertical-align: middle;">V</span>  <b>Sticky Toffee Pudding</b> A moist sponge with dates topped with a light toffee sauce

Available Every Day:

- **Alternative main course of Jacket Potato or choice of cheese, ham or tuna sandwich & puddings of Fresh Fruit Selection and Yoghurt**
- Salad bar of lettuce, tomatoes, cucumber, carrots, peppers, sweetcorn, olives, dressing & seasonal vegetables
- Freshly baked bread
- Water

Packed lunches for days out will comprise filled rolls, crisps, fruity biscuits and fresh fruit. A sausage roll is also supplied for the older children while Key Stage 1 get a yoghurt