

TCDC Primary Autumn 2018

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Meatballs with Tomato Sauce and Pasta	Chicken Korma with Rice	Roast Gammon with Roast Potatoes and Gravy	Cottage Pie	Fish Fingers with Chips
Veggie	Bombay Potato Bake	Pasta Primavera	Vegan Sausages with Roast Potatoes and Gravy	Chickpea and Veg Stir Fry with Rice	Cheese, Onion and Potato Pasty with Chips
3 rd Opt	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo
Veg	Cauliflower Green Beans	Broccoli Carrots	Carrots Cabbage	Sweetcorn Peas	Peas Baked Beans
Dessert	Chocolate Orange Mousse	Fruit Jelly	Fruit Flapjack	Fruit Crumble with Custard	Banana Muffin

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pizza Bar with Crispy Diced Potatoes	Pork Sausages and Mashed Potatoes with Gravy	Roast Chicken with Roast Potatoes, Stuffing, and Gravy	Beef Lasagne	Jumbo Fish Finger with Wedges
Veggie	Frittata with Crispy Diced Potatoes	Vegan Sausages and Mashed Potatoes with Gravy	Vegetable Turnover with Roast Potatoes and Gravy	Baked Veggie Wrap	5 Bean Chilli Nachos with Wedges
3 rd Opt	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo
Veg	Sweetcorn Green Beans	Carrots Curly Kale & Peas	Carrots Parsnips	Broccoli Cauliflower	Sweetcorn BBQ Baked Beans
Dessert	Banoffee Pot	Chocolate and Pear Cake with Custard	Iced Carrot Cake	St. Clements Custard Pot	Fruit Shortbread

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Crispy Chicken with Diced Potatoes	Pork and Apple Plait with Mashed Potatoes	Roast Pork with Roast Potatoes and Gravy	Chilli con Carne with Rice	Salmon Fish Fingers with Chips
Veggie	Veggie Burger in a Bun with Wedges	Sweet Chilli Vegetable Stir Fry with Noodles	Quiche with Parsley Potatoes	Macaroni Cheese	Cheese and Tomato Pizza with Chips
3 rd Opt	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo
Veg	Carrots Green Beans	Broccoli Cauliflower	Carrots Swede	Sweetcorn Green Beans	Peas & Sweetcorn Baked Beans
Dessert	Apple Custard Crunch	Sticky Toffee Pudding with Custard	Custard Apple Cookie	Chocolate Raspberry Crunch with Raspberry	Fruit Jelly