

North Yorkshire County Council 2020 – Autumn Choice Menu

	WEEK ONE Served w/c 7th & 28th Sept, 19th Oct, 16th Nov, 7th Dec	WEEK TWO Served w/c 14th Sept, 5th Oct, 2nd & 23rd Nov, 14th Dec	WEEK THREE Served w/c 21st Sept, 12th Oct, 9th & 30th Nov, 21st Dec
M O N D A Y	Sausage in a Homemade Bun with Tomato Ketchup v Falafel Burger in a Homemade Bun Diced Potatoes Peas & Coleslaw ***** Syrup Sponge & Custard	Pizza with Ham/ Cheese (v) /Pepperoni Diced Potatoes Fruity Coleslaw & Mixed Salad 50/50 Bread ***** Fruit Flapjack	Beefburger in a Homemade Bun with Chips v Sweet Potato & Lentil Curry & Brown Rice Green Beans & Sweetcorn Pumpkin Seed Bread ***** Lime Drizzle Cake Fruit Yoghurt & Fresh Fruit
T U E S D A Y	Pasta Bolognese v Leek & Cheese Roll with Potato Wedges Green Salad & Grated Carrot Garlic Bread ***** Chocolate Muffin Fruit Yoghurt & Fresh Fruit	Chicken Casserole v Vegetable Frittata New Potatoes Peas & Sweetcorn Sliced Wholemeal Bread ***** Banana Brownie	Chicken Fajitas & Vegetable Rice v Bean & Veg Hotpot Broccoli & Carrots Naan Bread ***** Peaches and Ice Cream
W E D N E S D A Y	Roast Chicken with Sage & Onion Stuffing & Gravy v Summer Vegetable Quiche Roast Potatoes Medley of Vegetables 50/50 Bread ***** Oat Cookie & Apple Wedge Fruit Yoghurt & Fresh Fruit	Meatballs in Tomato Sauce with Pasta Spirals v Quorn & Lentil Shepherd's Pie Carrots & Green Beans Cheese & Onion Flatbread ***** Shortbread	Savoury Minced Beef and Dumplings With Creamed Mashed Potato v Macaroni Cheese Carrots & Peas Sliced Wholemeal Bread ***** Chocolate Crunch Fruit Yoghurt & Fresh Fruit
T H U R S D A Y	Mexican Beef Tortilla Boats with Vegetable Rice v Vegetable Curry & Brown Rice Broccoli & Carrots Pitta Bread ***** Fruit Jelly and Ice-cream Fruit Yoghurt & Fresh Fruit	Chicken Korma & Brown Rice v Stuffed Courgettes with Diced Potato Medley of Vegetables Naan Bread ***** Chocolate Muesli Krispie Fruit Yoghurt & Fresh Fruit	Roast Pork Loin with Homemade Apple Sauce & Gravy v Spanish Oven-baked Bean Omelette New Potatoes Ratatouille & Sweetcorn HM White Bread ***** Cheese & Crackers Fruit Yoghurt & Fresh Fruit
F R I D A Y	Battered Fish v Vegetable Chow Mein Chipped Potatoes Peas & Sweetcorn HM Wholemeal Bread ***** Cheese & Crackers Fruit Yoghurt & Fresh Fruit	Fish Fingers with Tomato Ketchup & Chipped Potatoes v Loaded Potato Skins Vegetable Sticks Crusty White Bread ***** Cheese & Crackers with Apple Wedge Fruit Yoghurt & Fresh Fruit	Salmon Nibbles v Roasted Vegetable Parcels Potato Wedges Baked Beans & Tomato Salad 50/50 Bread ***** Fresh Fruit Salad with Cream or Fruit Yoghurt

V = suitable for a vegetarian diet

Very occasionally due to circumstances beyond our control it may be necessary to change the menu