



## Rydon menu Autumn term 2022

Week 1	Week commencing: 5 <sup>th</sup> Sept, 26 <sup>th</sup> Sept, 17 <sup>th</sup> October, 14 <sup>th</sup> November and 5 <sup>th</sup> December				
<b>MAIN MEAL</b>	Oven Baked Sausages	Homemade Beef bolognese	Roast Chicken, mini sausages	Wholewheat Pepperoni Pizza	Fish fillet
<b>VEGETARIAN OPTION</b>	Quorn Sausages	Homemade Macaroni Cheese	Lentil and Veg Bake	Cheese & Tomato Pizza	Quorn bites
	Hash Browns and baked beans	Fresh Pasta and Garlic Bread	Roast potatoes, Carrots, Broccoli and Gravy	Pasta and sweetcorn	Oven chips, carrot and cucumber batons
<b>Picnic Bag</b>	Cheese Sandwich	Ham Baguette	Chicken Wrap	Cheese Baguette	Ham Sandwich
Week 2	Week Commencing: 12 <sup>th</sup> September, 3 <sup>rd</sup> October, 31 <sup>st</sup> October, 21 <sup>st</sup> November and 12 <sup>th</sup> December				
<b>MAIN MEAL</b>	Beef-burger in a bap	Fish Fingers	Roast Pork with stuffing	Chicken Korma	Oven baked sausages
<b>VEGETARIAN OPTION</b>	Veggie Burger in a bap	Quorn sausage	Goats cheese and vegetable slice	Quorn and Veg Korma	Cheese Flan
	Pasta and baked beans	Mashed Potato and sweetcorn	Roast potatoes, Carrots, Peas and Gravy	50/50 Rice and Naan bread	Oven chips, carrot and cucumber batons
<b>Picnic Bag</b>	Cheese Sandwich	Ham Baguette	Chicken Wrap	Cheese Baguette	Ham Sandwich
Week 3	Week Commencing: 19 <sup>th</sup> September, 10 <sup>th</sup> October, 7 <sup>th</sup> November and 28 <sup>th</sup> November				
<b>MAIN MEAL</b>	Fresh chicken in a bap	Oven baked sausage roll	Roast Turkey	Wholewheat Pepperoni Pizza	Chicken goujons
<b>VEGETARIAN OPTION</b>	Halloumi in a bap	Quorn roll	Roasted Vegetables	Cheese & Tomato Pizza	Cheese Omelette
	Potato smiles and baked beans	Mashed potato and sweetcorn	Roast potatoes, Carrots, Broccoli and Gravy	Jacket wedges and peas	Oven chips, carrot and cucumber batons
<b>Picnic Bag</b>	Cheese Sandwich	Ham Baguette	Chicken Wrap	Cheese Baguette	Ham Sandwich