



Pioneer Educational Trust
aspire inspire

Upton Court Grammar School Autumn Menu 2019

MENU -Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Vegetarian day				
Main Course	HALAL Mexican Beef Chilli with Rice and Sour Cream	Chicken Fajitas with Lightly Seasoned Baked Wedges	Roasted Vegetables & Quorn in a Spicy Sauce with Pasta	HALAL Roast Beef with Roasted Potatoes and Vegetables	MSC Battered Fish with Chunky Chips.
Main Counter - Vegetarian	Creamy Pesto Gnocchi with Roasted Pumpkin and Peppers	Broccoli Stir Fry with Black Bean Sauce and Noodles	Curried Spinach and Red Lentils with Rice	Aubergine Green Bean Curry with Wholemeal Rice	Creamy Leek and Spinach Pasta Bake
Daily Sides	Mixed Salad	Baby Carrots and Green Beans	Mixed Seasonal Vegetables	Swede and Broccoli	Organic Baked Beans and Garden Peas
Dessert	Pineapple Upside Down Cake with Custard	Chocolate Cornflake Cake	Carrott Cake with Cream Cheese Topping	Homemade Chocolate Muffins	Fresh Fruit Pots
Daily Options	Fresh fruit				
Daily Options	Jacket potato or pasta				
Fillings	Cheese	Tuna	Baked Beans	Coleslaw	Topping of the Day
Part of PIONEER EDUCATIONAL TRUST					
Week Commencing: 2nd & 23rd September, 14th October, 11th November, 1st December					