



Pioneer Educational Trust
aspire inspire

Upton Court Grammar School

Autumn Menu 2019

MENU -Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Vegetarian Day				
Main Course	Halal Beef Lasagna with Salad	Sweet and Sour Chicken and Vegetable Rice Noodle Stir Fry	Vegetable Burgers with Potato Wedges and Coleslaw	Halal Lamb Shoulder with Roasted Potatoes and Vegetables	MSC Breaded Salmon Fish Fingers with Chips and Tomato Sauce
Main Counter - Vegetarian	Broccoli, Spinach, Sweet Potato and Red Lentil Stew with Salad	Cauliflower Mac and Cheese with Salad	Vegetable Moussaka with Salad	Vegetable and Lentil Chilli with Rice and Sour Cream	Vegetable and Chickpea Fajitas with Chips and Salad
Daily Sides	Seasonal Mixed Salad	Green Beans and Sweetcorn	Mixed Vegetables	Sliced Carrots and Savoy Cabbage	Garden Peas and Organic Baked Beans
Dessert	Fruit Ice Lollies	Apple Crumble with Custard	Chocolate Rice Crispy Cake	Strawberry and Vanilla Cheesecake	Fresh Fruit Pots
Daily Option	Fresh Fruit				
Daily Options	Jacket potatoes or pasta				
Fillings	Cheese	Tuna	Baked Beans	Coleslaw	Topping of the Day

Part of PIONEER EDUCATIONAL TRUST

Week Commencing: 9th & 30th September, 21st October, 18th November, 9th December