



Pioneer Educational Trust  
aspire inspire

# Upton Court Grammar School

## Autumn Menu 2019

MENU -Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Vegetarian day</b>				
<b>Main Course</b>	<b>Halal Beef Spaghetti Bolognese with Salad</b>	Chicken Tikka Masala with Brown Rice	Quorn Hot Dogs with Baked Wedges and Coleslaw	<b>Halal Roast Thyme Chicken Legs with Roast Potatoes and Vegetables</b>	MSC Breaded Fish with Chips
<b>Main Counter - Vegetarian</b>	Vegetarian Spaghetti Bolognese with Salad	Quorn Chilli Con Carne with Brown Rice	Vegetable Lasagna with Salad & Garlic Bread Coleslaw	Vegetable Sausages with Roast Potatoes, Vegetables and Gravy	Vegetable and Chick Pea Puff Pastry Parcel with Chips and Salad
<b>Daily sides</b>	Seasonal Mixed Vegetables	Sweetcorn and Diced Carrots	Fresh Green Salad	Cauliflower and Broccoli	Organic Baked Beans and Peas
<b>Dessert</b>	Chocolate Cake with Chocolate Custard	Homemade Blueberry Muffins	Lemon Drizzle cake	Vanilla Shortbread	Fresh Fruit Pots
<b>Daily Option</b>	Fresh Fruit				
<b>Daily Options</b>	Jacket potatoes or pasta				
<b>Fillings</b>	Cheese	Tuna	Baked Beans	Coleslaw	Topping of the Day
<b>Part of PIONEER EDUCATIONAL TRUST</b>					
<b>Week Commencing: 16th September, 7th October, 25th November, 16th December</b>					