

YUM YUM
Nutritious School Lunches
Menu Autumn Term 2021
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Week 1:

Monday

Penne with roast tomato and Mediterranean vegetable sauce
With cheddar cheese
(SI: Aubergine and Carrot)
Fresh fruit

Tuesday

“Real” chicken nuggets chicken (our home-made breaded chicken) potato wedges &
green beans and carrots
Fresh fruit

Wednesday

Roast chicken with carrots, peas, bone-broth gravy and Yorkshire pudding.
(SI: Carrot and leeks)
Fresh fruit

Thursday

Pork Meatballs in Tomato and vegetable sauce with Spaghetti
(SI: Carrots, leeks, red peppers and aubergine)
Fresh fruit

Friday

Battered fish mash potatoes, or roast potatoes, carrots and sweetcorn
Yogurt or Zero sugar jelly with fresh fruit

Fresh fruit this term:

Mandarin, apple, pineapple, melon, watermelon

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Week 2:

Monday

Homemade pizza squares

Cucumber, cherry tomato and lettuce salad

(SI: Tomatoes, red peppers, mushrooms and carrots)

Fresh fruit

Tuesday

Chicken meatballs in creamy korma curry sauce with basmati rice

(SI: Carrots, pumpkin and sweet potato)

Fresh fruit

Wednesday

Spaghetti bolognese

(SI: Carrot, pumpkin, lentils, tomato)

Fresh fruit

Thursday

Special order the week, changes every other week, here is where we try out new dish and cook old favourites:

- Beef moussaka
- No-chilli con carne with steamed rice
- Potato topped chicken, bacon and vegetable hot pot pie
- Stir-fried chicken and vegetable noodles

Fresh fruit

Friday

Fish Goujons mash potatoes or roast potatoes, peas and sweetcorn

Or

Creamy hake fish pie with fluffy mash potato topping, peas and carrots

Yogurt, fruit

Or zero sugar jelly with fresh fruit

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Week 1 (vegetarian):

Monday

Penne with roast tomato and aubergine
Mozzarella cheese bake
(SI: Aubergine and carrot)
Fresh fruit

Tuesday

Falafel, tomato sauce and vegetable cous cous
(courgette, sweetcorn and carrots)

Wednesday

Vegan vegetable and pulse sausages with Yorkshire puddings, gravy and vegetables.
(SI: Carrot, leeks, chickpeas, butterbeans and rice.)
Fresh fruit

Thursday

Vegetarian "beetballs" in vegetable and tomato sauce with spaghetti

Friday

Courgette and cheddar fritters with mash potatoes, peas and carrots.
Fresh fruit

Fresh fruit this term:

Mandarin, apple, pineapple, melon, watermelon

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Week 2 (vegetarian):

Monday

Homemade pizza squares
Green salad with sesame seeds
(SI: Tomatoes, red peppers, mushrooms and carrots)
Fresh fruit

Tuesday

Vegetable creamy korma curry with rice
(SI: courgette, aubergine, pumpkin, carrot)
Fresh fruit

Wednesday

Vegetarian spaghetti bolognese
Fresh fruit

Thursday

Special of the week, changes every other week, here is where we try out new dish and cook old favourites. A different vegetarian option will be available on each week. A vegetarian version of the dish of the day.

Friday

Potato cheese and leek breaded patties with carrots, peas and sweetcorn
Fresh fruit
Or
Pea and cheddar risotto with season vegetables on the side
Fresh fruit

Fresh fruit this term:

Mandarin, apple, pineapple, melon, watermelon