

# SUMMER/AUTUMN MENU 2019



**Meat Free**  
Monday

**Traditional**  
Tuesday

**World Food**  
Wednesday

**Thursday**  
Favourites

**Fish**  
Friday

## Week 1

Homemade Pizza Slices  
Hot Filled Tortilla Boat  
Jacket Potato Selection  
Baked Jacket Wedges  
Mini Corn on the Cob  
Blueberry Frozen Yoghurt  
with Seasonal Fruit

Roast Dinner & Gravy  
Vegetarian Paella  
Pasta & Sauce  
Roast & Mashed Potatoes  
Spring Cabbage & Carrots  
Cheese & Crackers with  
Vegetable & Fruit Sticks

Chicken Curry  
Mediterranean Quorn  
Jacket Potato Selection  
Sunshine Vegetable Rice  
Chocolate & Beetroot Muffin

Lasagne  
Vegetarian Sausage Roll  
Hot Sandwich Special  
Naan Bread  
Green Beans  
Homemade Fruity Cereal Bar

Birdseye Fish Fingers  
with Lemon Mayo Dip  
Veggie Balls in Sauce  
Pasta & Sauce  
Sweet Potato Wedges  
Baked Beans  
Jelly & Fruit

## Week 2

Cheese & Potato Quesadilla  
Vegetarian Sausage Roll  
Jacket Potato Selection  
Jacket Wedges  
Baked Beans  
Strawberry & Kiwi Mousse

Baked Sausages & Onion Gravy  
Filled Tortilla Boat  
Pasta & Sauce  
Mashed Potatoes  
Peas  
Melon Boat

Tandoori Chicken  
Vegetable Curry  
Sandwich Selection  
Sunshine Rice  
Broccoli  
Chocolate Frozen Yoghurt  
with Peaches

Shepherd's Pie  
Quorn Fillet & Gravy  
Hot Sandwich Special  
Sliced Malted Bloomer  
Cheese & Crackers with  
Vegetable & Fruit Sticks

Bubble Fish Fillet  
Sweet Chill Noodles  
Pasta & Sauce  
Chips  
Peas  
Fruit Kebab

## Week 3

Homemade Pizza Slices  
Vegetarian Bolognese  
Sandwich Selection  
Sauté Potatoes  
Wholemeal Spaghetti  
Super Sweet Sweetcorn  
Fruit Salad with Yoghurt

Homemade Meatballs  
in Homemade Sauce  
Cheese & Potato Bake  
Jacket Potato Selection  
Wholemeal Pasta  
Green Beans  
Melon Lolly

Spring Lamb Pie  
Tandoori Quorn  
Pasta & Sauce  
Sliced Malted Bloomer  
Sunshine Rice  
Mixed Vegetables  
Fruit Salad with Mango  
Frozen Yoghurt

Southern Style Chicken  
with BBQ Dip  
Quorn Bites  
Jacket Potato Selection  
Sweet Potato Wedges  
Chocolate & Mandarin Mousse

Lemon & Herb Salmon Goujon  
Quorn & Vegetable Curry  
Sandwich Selection  
Creamed Potatoes  
Baked Beans  
Rice  
Arctic Roll with Fruit

The Fresh Fayre Gang – making your school dinners taste great!

Varna Community  
School

MANCHESTER  
CITY COUNCIL

[myschoolnlunch.co.uk/manchester](http://myschoolnlunch.co.uk/manchester)

Manchester  
Fayre

fresh  
fayre

FOOD  
FOR  
LIFE

2019  
NATIONAL  
NUTRITION  
MONTH

AVAILABLE EVERY DAY  
Fresh Bread,  
Salad Bar,  
Fresh Fruit, Yoghurt,  
Water & Milk