**Shawbost School canteen menu.**

Week 1

**Monday:**  Macaroni cheese & garlic bread, Vegetable soup & filled roll, sandwich or wrap, Baked potato & filling, Beans & sweetcorn, Yogurt or fruit

**Tuesday:**  Sausage casserole & mash, Lentil soup & filled roll, sandwich or wrap, Pasta & cheese, Peas & broccoli, Fruit salad or fruit

**Wednesday:**  Chicken curry & rice, Tomato soup & filled roll, sandwich or wrap, Baked potato & filling, Green beans & sweetcorn

**Thursday:**  Steak pie & roast potatoes, Vegetable soup & filled roll, sandwich or wrap, Pasta & cheese, Broccoli & peas, Ice cream or fruit

**Friday:**  Fish & chips, Chicken & rice soup & filled roll, sandwich or wrap, Baked potato & filling, Coleslaw & mixed salad, Jelly or fruit

Week 2

**Monday:**  French bread pizza & wedges, Vegetable soup & filled roll, sandwich or wrap, Baked potato & filling, Carrot sticks, green beans & spaghetti hoops, Angel delight or fruit

**Tuesday:**  Spaghetti Bolognese, Tomato soup & filled roll, sandwich or wrap, Cheese salad, Peas & sweetcorn, Shortbread or Fruit

**Wednesday:**  Chicken goujons wrap with mayo, Lentil soup & filled roll, sandwich or wrap, Baked potato & filling, Savoury rice & coleslaw, Ice cream or fruit

**Thursday:**  Roast chicken, Yorkshire pudding & mashed potato, Leek & potato soup & filled roll, sandwich or wrap, Carrots & cabbage, Jelly or fruit

**Friday:**  Pastry sausage roll & chips, Sweet potato & carrot soup & filled roll, sandwich or wrap, Peas & beans, Yogurt, crackers with cheese or fruit

Week 3

**Monday:**  Macaroni cheese & garlic bread, Lentil soup & filled roll, sandwich or wrap, Baked potato & filling, Beans & salad, Crackers with cheese or fruit

**Tuesday:**  Beef Bolognese, Lentil soup & filled roll, sandwich or wrap, Baked potato with filling, Broccoli & seasonal salad, Melting moments or fruit

**Wednesday:**  Sausages & wedges, Tomato soup & filled roll, sandwich or wrap, Cheese & carrot salad, Beans & sweetcorn, Frozen yogurt or fruit

**Thursday:**  Roast chicken, mashed potatoes & gravy, Vegetable soup & filled roll, sandwich or wrap, Mackerel or Salmon goujons, Carrots & cauliflower, Watermelon or fruit

**Friday:**  Fish & chips, Chicken noodles soup & filled roll, sandwich or wrap, Baked potato & filling, Peas & seasonal salad, Yogurt or jelly or fruit

Week 4

**Monday:**  Tomato pasta & garlic bread, Lentil soup & filled roll, sandwich or wrap, Baked potato & filling, Broccoli & carrot sticks, frozen yogurt or fruit

**Tuesday:**  Chicken burger on a roll & wedges, Lentil soup & filled roll, sandwich or wrap, Cheesy pasta, Seasonal salad & beans, Oat biscuit or fruit

**Wednesday:**  Mince & mash, Vegetable soup & filled roll, sandwich or wrap, Pasta & cheese, Green beans, Crackers & cheese or fruit

**Thursday:**  Roast chicken, Yorkshire puddings, roast potatoes & gravy, Tomato soup & filled roll, sandwich or wrap, Pasta & cheese, Sweetcorn & peas, Ice cream or fruit

**Friday:**  Fish/fish fingers & chips, Leek & potato soup & filled roll, sandwich or wrap, Baked potato & filling, Spaghetti hoops & mixed veg, Yogurt or Fruit

This menu is subject to change.