

Autumn 2017

South Benfleet School Menu Week 1 Commencing Monday 4/9 25/9 16/10

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage	Chicken Chunks with an option of Korma Sauce or Sweet & Sour Sauce	Homemade Macaroni Cheese or Jacket Potato with Cheese / Beans	Home cooked Pulled Pork in a Pitta Pocket with optional BBQ sauce	Fish Fillet in a bun (optional)
Quorn Sausage	Southern Fried Veggie Nuggets		Quorn Strips in a Pitta Pocket with BBQ sauce (optional)	Vegetable Cheese Bake in a bun (optional)
Creamy Mashed Potato	Fluffy Rice	Peas	Pasta Selection	Chips
Beans	Salad Bar Naan Bread	Salad Bar	Salad Bar	Salad Bar Sweetcorn
Homemade Lemon Drizzle Cake Fruit Selection	Iced Smoothie Fruit Selection	Fruit Pots or Yoghurt	Homemade Banana Muffins Fruit Selection	Ice Lolly Fruit Selection

South Benfleet School Menu Week 2 Commencing Monday 11/9 2/10

Monday	Tuesday	Wednesday	Thursday	Friday
A Hearty Slice of Homemade Pizza with a selection of toppings	Jacket Potato Day with a variety of fillings	Homemade Spaghetti Bolognaise	Homemade Chicken Pie	Beef Burger in a Bun
		Homemade Quorn Bolognaise	Homemade Quorn Pie	Quorn Burger in a Bun
Potato Salad		Spaghetti	Creamy Mashed or New Potatoes	Chips
Salad Bar	Salad Bar Crusty Bread	Peas Salad Bar	Peas Runner Beans	Beans Salad Bar
Ice Cream Fruit Selection	Homemade Chocolate Shortbread Fruit Selection	Homemade Gingerbread Man Fruit Selection	Fresh Fruit Bar	Yoghurt Selection Fruit Selection

South Benfleet School Menu Week 3 Commencing Monday 18/9 9/10

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Day! Choose from Homemade Tomato or Cheese Sauce	Children's Favourite! All Day Breakfast (sausage, bacon, scrambled egg) Vegetarian All day Breakfast (vegetarian sausages and scrambled egg)	Fish Fingers or Salmon Fingers	Home cooked Roast of the Day served with Yorkshire Pudding and Gravy	Chicken Cajun in an optional Wrap
		Quiche	Veggie Nuggets	Quorn Dippers in an optional Wrap
Salad Bar		Chips	Seasonal Vegetables	Pasta Selection
Garlic Bread	Hash Browns Baked Beans	Peas Salad Bar Crusty Bread	Roast Potatoes	Salad Bar
Homemade Pineapple Upside Down Cake Fruit Selection	Jelly Fruit Selection	Ice Cream Fruit Selection	Angel Delight Fruit Selection	Iced Rock Cake Fruit Selection