

Ferndown First School Draft Menu November 2021

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Non-Meat	Vegan pasta Bolognese	Vegetarian sausages, mashed potato and gravy	Margherita pizza with crinkle cut wedges	Vegan mince and potato pastry parcel	Somerset cheddar cheese and tomato quesadilla with chips
Meat	Pork sausage roll with diced potatoes	Creamy chicken pasta	Chicken curry with brown and white rice	Sliced beef and Yorkshire pudding	Baked fish fingers and chips
ON THE SIDE	Vegetables of the day	Vegetables of the day	Vegetables of the day	Vegetables of the day	Vegetables of the day
TO FINISH	Carrot cake	Chocolate muffin	Oat and sultana cookie	Shortbread biscuit	Cold desserts

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Non-Meat	Sweet potato and lentil curry with brown and white rice	Macaroni cheese with somerset cheddar	Margherita pizza with crinkle cut wedges	Vegan cottage pie with gravy	Free range omelette filled with somerset cheddar cheese and tomato with chips
Meat	Pork sausages, mashed potato and gravy	Lemon and herb marinated chicken with cous cous	Vegetable goujons with crinkle cut wedges	Turkey meatloaf with mashed potato and gravy	Baked battered fish with chips
ON THE SIDE	Vegetables of the day	Vegetables of the day	Vegetables of the day	Vegetables of the day	Vegetables of the day
TO FINISH	Chocolate sponge	Flapjack	Gingerbread biscuit	Jam and coconut sponge	Cold desserts

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Non-Meat	Cheese and onion pasty with potato wedges	Tomato pasta	Margherita pizza with crinkle cut wedges	Vegetarian sausages and Yorkshire pudding	Vegetable and bean buritto
Meat	Pasta with turkey meatballs	Bubble salmon and diced potatoes	Chicken and vegetable fried rice with curry sauce	Roast chicken and Yorkshire pudding	Baked fish fingers and chips
ON THE SIDE	Vegetables of the day	Vegetables of the day	Vegetables of the day	Vegetables of the day	Vegetables of the day
TO FINISH	St clements sponge	Apple and blackberry muffin	Chocolate orange shortbread	Chocolate brownie	Cold desserts